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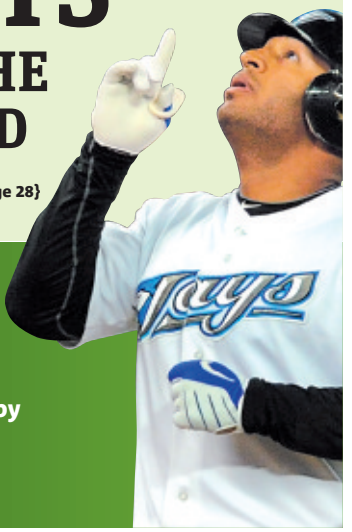
LOOKING BEYOND SPERM DONOR THEME
RUFFALO MAKES TIME FOR THE KIDS {page 14}

BLUE JAYS
THREE MAKE THE ALL-STAR SQUAD
WELLS PICKED {page 28}



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Toronto Pride turns up heat

More than one million crowd downtown streets to celebrate 30th annual Pride Parade ◗ Police marchers applauded ◗ Toronto police Chief Bill Blair a no-show

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ Participants and spectators celebrate during the 30th annual Pride Parade in downtown Toronto yesterday. More coverage, page 6.

The last time thousands of people marched on Toronto streets, a police car was lit on fire. But yesterday Toronto police were applauded by the crowd as they marched in the 30th annual Pride Parade.

On a day that could have been overshadowed by controversies, the parade maintained its boisterous example of tolerance and celebration.

But Toronto police Chief Bill Blair didn't show. He was also absent from an earlier outdoor service at Carlton and Church streets, which he attends every year on the morning of the parade.

At a Pride event last Tuesday, 100 protesters attempted to block Blair's entry to the event and called for his resignation.

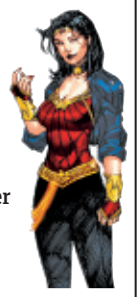
TORSTAR NEWS SERVICE

Guinness record

Mamma Mia! Pizzas for all?

◗ Celebrity chef makes 168 pizzas in 1 hour at the Corso Italia festival ◗ Episode for TV show beats the previous record of 142 pies set in 2008 {page 4}

Wonder Woman gets an update



69-year-old character gets hipster, less patriotic clothes {page 18}

Refining roomie relationships

Sticking it out with roommate worth it, studies show {page 25}

Germany the clear favourite

World Cup final clash likely with Netherlands {page 27}

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Teen killed in community centre

Adrian Ducas was playing the game he loved when he was shot and killed on a basketball court in Malton Saturday night.

"He was a real sports guy," said Ducas' older sister Tracy. "He loved basketball. Growing up, he played baseball.

"He was just a kid that loved to smile. He was always happy."

Ducas, 17, was on the court inside the Malton Community Centre on Morning Star Drive around 8:30 p.m. when a fight broke out involving three other men, said Peel police.

"He was just a kid that loved to smile. He was always happy."
TRACY DUCAS

Investigators said the three suspects walked into the centre in the moments before the shooting and were not involved in the game.

When officers arrived, they found Ducas with life-threatening wounds. He was pronounced dead at the scene soon after.

The Grade 12 student's death represents Peel's fourth homicide of 2010. He was just shy of his 18th birthday, later this month, and had plans to go to college after high school, said his sister.

TORSTAR NEWS SERVICE

CONTRIBUTED

▶ A memorial Facebook group, R.I.P. Adrian Ducas, has been set up.

Security no match for older woman

Woman breaks free of crowd, marches right up to the Queen

A carefully co-ordinated visit by the Queen to a morning church service yesterday was thrown for a bit of a loop when a woman broke free of the waiting crowd and marched right up to the Queen.

The Queen, who moments earlier had stepped blinking into the bright sun after the morning worship at St. James Cathedral, took the unplanned meeting in stride, smiling and chatting with the woman.

Security appeared reluctant to physically stop the older woman from ambling up to the Queen as she gave the monarch something in a black, plastic bag.

The woman was one of hundreds of people who had been waiting outside the church since the early morning to catch a glimpse of the Queen, nearing the end of her 22nd Canadian tour.

About 700 more people who scored first-come, first-serve tickets packed the sweltering church to attend mass with the Queen and Prince Philip. The worshippers included many women wearing fancy, wide-brimmed hats.

THE CANADIAN PRESS

Queen's Plate

▶ **Afternoon at the track** The Queen and the Duke of Edinburgh continued their day in Toronto with an afternoon at the racetrack. A keen owner and breeder of horses, the Queen attended the Queen's Plate at Woodbine Racetrack in Toronto. For race results, see page 26.

NATHAN DENETTE/THE CANADIAN PRESS

▶ Queen Elizabeth II, left, and Prince Philip, the Duke of Edinburgh receive a bag from a woman who got through security and walked up to the Royal couple yesterday.

1 news

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dancap

Mamma Mia! Chef breaks pizza record

TV host Bob Blumer cranks out 168 pizzas in 1 hour Corso Italia festivalgoers happy to finish them

There was plenty of pie to go around at the Corso Italia festival yesterday after celebrity chef Bob Blumer broke the Guinness World Record for most pizzas made in one hour.

Blumer made 168 cheese and tomato pizzas in 60 minutes, beating the previous record of 142 pies set in 2008.

"I'm still shaking a little bit," said Blumer. "It was pretty intense."

The stunt was shot for an episode of the Food Network's Glutton For Punishment.

Blumer wasn't quite alone as he worked against the clock. He was backed up by a team of dough specialists and sauce experts who helped prepare the basic elements of every pie.

THE CANADIAN PRESS

Close call

- The entire feat nearly fell flat when Blumer's pizza oven broke down in the last five minutes. "Everybody's heart stopped," he said. "I was thinking Mamma Mia! This could be a big disaster."
- A technician was able to get things running again before the hour was up.
- Once the record was broken, the piping hot pies were given out to the crowds of salivating spectators who had gathered to watch. Blumer himself savoured a slice from the last pizza off the line.

22 The Montreal native stretched, sauced, cheesed and fired a pizza about every 22 seconds.

HARRISON SMITH/TORSTAR NEWS SERVICE

▶ Celebrity chef Bob Blumer broke the world record yesterday for most pizzas made in one hour in Toronto.

Shriners parade to close downtown streets

The downtown core will see a number of streets closed today as clowns, tiny cars and fezzes take over the streets for the Shriners International parade.

The closures will affect many streets leading to and from Queen's Park, the parade's starting point.

Queen's Park Circle will be closed from Bloor Street to College Street starting at 7 a.m.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶The Shrine Memorial on the south side of the CNE grounds.

Then at 9:30 a.m., University Avenue will shut down between College and Front streets.

Hoskin Avenue from St. George Street to Queen's Parks Crescent West will be closed all day.

Devonshire Place from Bloor Street to Hoskins Avenue will shut down.

St. Joseph, Wellesley and Grosvenor streets will be closed from Bay Street to Queen's Park Crescent East.

All major east-west streets will remain open until the parade kicks off at 1 p.m.

Once the parade begins, vehicles will not be permitted to use any of these roads from Bay to Beverley streets, but streetcars will be allowed passage through at College, Dundas and Queen during breaks in the parade.

All roads are to reopen at 7 p.m.

TORSTAR NEWS SERVICE

Death in Annex fire ruled a homicide

Police have confirmed they are treating the death of a 23-year-old Ryerson University student, whose body was found in a burning house in the Annex, as a homicide.

Her badly burned 27-year-old boyfriend remains in critical condition in hospital, Toronto homicide Det. Ian Briggs said yesterday. Briggs would not comment on reports the woman's throat had been slit. Nor would he comment on speculation her death was part of an attempted murder-suicide.

TORSTAR NEWS SERVICE

City issues heat alert

Toronto's medical officer of health has issued a heat alert for the city. It will be in effect until further notice.

In issuing the alert, Dr. David McKeown urged the public to call or visit family, friends and neighbours to make sure they are OK.

THE CANADIAN PRESS

▶ Dr. David McKeown

Four-alarm blaze hits industrial area

Toronto fire crews ended a four-alarm blaze east of the city just before 8 a.m. yesterday.

Flames broke out just before 6 a.m. in an industrial area near Lawrence Avenue and Coronation Drive.

The property is listed as Henry Company Canada Inc.

20 More than 20 trucks responded to the call and more than 100 firefighters helped to extinguish it.

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dancap

Photo: Chris Gallo

More than one million people crowded downtown Toronto yesterday, decked out in fanciful costumes and hoisting rainbow flags as they celebrated 30 years of Pride in sweltering heat

David Rayside, a professor of politics and sexual diversity studies at the University of Toronto, says the parade has become especially important to new Canadians who may come from countries where gays and lesbians are discriminated against

THE CANADIAN PRESS

30 years of gay Pride in Toronto

ADRIEN VECZAN/THE CANADIAN PRESS

▶ 1) Parade participants.

SAUL PORTO/TOPNEWS

▶ 2) Pride brides.

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ 3) Toronto Maple Leafs general manager Brian Burke.

ADRIEN VECZAN/THE CANADIAN PRESS

▶ 4) Parade revellers.

ROGER CULLMAN/FOR METRO TORONTO

▶ 5) Cyndi Lauper.

Photo info

From left:

- **Photo 1** People take part in the Pride Parade in Toronto yesterday.
- **Photo 2** The colourful Food Bank Brides make their way down Bloor Street yesterday. Ten same-sex couples were scheduled to say "I do."
- **Photo 3** Toronto Maple Leafs general manager Brian Burke and his wife walk the parade route yesterday.
- **Photo 4** People take part in the Pride Parade yesterday.
- **Photo 5** Cyndi Lauper entertains thousands of fans at a free concert at Queen's Park Saturday, singing mostly a collection of blues cover songs.
- **Photo 6** Sgt. Nancy McLean, a lesbian, has a rainbow flag tucked into her bike helmet as she works the annual Dyke March Saturday.

RICK MADONIK/TORSTAR NEWS SERVICE

▶ 4) Sgt. Nancy McLean.

What changes—and what doesn't change—under the HST.

Answering your questions about Ontario's Harmonized Sales Tax (HST).

On July 1st, the HST came into effect in Ontario. For many of the things you buy, like basic groceries, electronics and clothing, there is no change in sales tax. The sales tax on some goods and services has increased – including things like gas, electricity and haircuts. Here's a list of common goods and services and how they are affected.

	GST-taxable before July 1, 2010	PST-taxable before July 1, 2010	Is there a change to the amount of tax payable under HST?
CLOTHING AND FOOTWEAR			
Adult Clothing	5%	8%	No (remains 13%)
Children's Clothing	5%	No PST	No (remains 5%)
Shoe Repair Service	5%	8%	No (remains 13%)
Children's Footwear	5%	No PST if $30 or less	No for footwear up to size 6 (remains 5%)
Tailoring Services	5%	8%	No (remains 13%)
Dry Cleaning Service	5%	No PST	Yes (changes to 13%)
FOOD AND BEVERAGES			
Basic Groceries (e.g., Dairy, Meat, Vegetables, Canned Goods)	No GST	No PST	No HST
Snack Foods (e.g., Chips, Pop)	5%	8%	No (remains 13%)
Qualifying Prepared Food and Beverages Sold for $4.00 or Less	5%	No PST	No (remains 5%)
Restaurant Meals for More Than $4.00	5%	8%	No (remains 13%)
Alcoholic Beverages	5%	10–12%	HST 13%[1]
HOME SERVICES			
Cable Television Services	5%	8%	No (remains 13%)
Cell Phone Services	5%	8%	No (remains 13%)
Municipal Water	No GST	No PST	No HST
Home Maintenance Equipment	5%	8%	No (remains 13%)
Home Phone Services	5%	8%	No (remains 13%)
Home Service Calls to Repair Free-Standing Appliances such as Stoves, Refrigerators, Washers, Dryers and Televisions	5%	8%	No (remains 13%)
Home Insurance	No GST	8%	No (remains 8%)
Electricity and Heating (e.g., Natural Gas/Oil for Home)	5%	No PST	Yes (changes to 13%)
Internet Access Services	5%	No PST	Yes (changes to 13%)
Home Service Calls by Electrician/ Plumber/Carpenter to Maintain or Repair Furnace, Leaky Faucets, Bathtub, Toilet, Electrical Wiring, etc.	5%	No PST	Yes (changes to 13%)
Landscaping, Lawn Care and Private Snow Removal	5%	No PST	Yes (changes to 13%)
ACCOMMODATION, TRAVEL AND PASSENGER TRANSPORTATION SERVICES			
Luggage, Briefcases, Bags, etc.	5%	8%	No (remains 13%)
Municipal Public Transit	No GST	No PST	No HST
GO Transit	No GST	No PST	No HST
Hotel Rooms	5%	5%	Yes (changes to 13%)
Taxis	5%	No PST	Yes (changes to 13%)
Campsites	5%	No PST	Yes (changes to 13%)
Domestic air, rail, boat and bus travel originating in Ontario	5%	No PST	Yes (changes to 13%)
Air travel originating in Ontario and terminating in the U.S.[2]	5%	No PST	No (remains 5%)
Air travel originating in Ontario and terminating outside of Canada and the U.S.[3]	No GST	No PST	No HST
Rail, boat and bus travel originating in Ontario and terminating outside of Canada	No GST	No PST	No HST
AROUND THE HOUSE			
Cleaning Products	5%	8%	No (remains 13%)
Laundry Detergent, Fabric Softeners	5%	8%	No (remains 13%)
Household Furniture	5%	8%	No (remains 13%)
Refrigerators and Freezers	5%	8%	No (remains 13%)
Pre-Packaged Computer Software	5%	8%	No (remains 13%)
Books (including Audio Books)	5%	No PST	No (remains 5%)
Newspapers	5%	No PST	No (remains 5%)
Magazines Purchased at Retail	5%	8%	No (remains 13%)
Magazines Purchased by Subscription	5%	No PST	Yes (changes to 13%)

	GST-taxable before July 1, 2010	PST-taxable before July 1, 2010	Is there a change to the amount of tax payable under HST?
AROUND THE HOUSE			
Office Supplies, Stationery	5%	8%	No (remains 13%)
Landscaping Materials including Sod, Seeds, Plants	5%	8%	No (remains 13%)
Linens (e.g., Blankets, Towels, Sheets)	5%	8%	No (remains 13%)
Tents, Sleeping Bags, Camping Supplies	5%	8%	No (remains 13%)
Tools	5%	8%	No (remains 13%)
Patio Furniture	5%	8%	No (remains 13%)
Barbecues, Lawnmowers, Snowblowers, Sprinklers	5%	8%	No (remains 13%)
Toys (e.g., Puzzles, Games, Action Figures, Dolls, Playsets)	5%	8%	No (remains 13%)
Outdoor Play Equipment (eg, Swing Sets, Sandboxes, Slides)	5%	8%	No (remains 13%)
Craft Supplies	5%	8%	No (remains 13%)
Building Materials (e.g., Lumber, Cement Mix)	5%	8%	No (remains 13%)
Home Renovations	5%	No PST	Yes (changes to 13%)
MOTORIZED VEHICLES			
Vehicle Parts	5%	8%	No (remains 13%)
Short-Term Auto Rentals	5%	8%	No (remains 13%)
Child Car Seats and Booster Seats	5%	No PST	No (remains 5%)
Lease of a Vehicle	5%	8%	No (remains 13%)
Auto Insurance	No GST	No PST	No HST
Labour Charges to Repair Vehicle	5%	8%	No (remains 13%)
Oil Change	5%	8%	No (remains 13%)
Tires	5%	8%	No (remains 13%)
Window Repair	5%	8%	No (remains 13%)
Purchase of Vehicle from Dealer	5%	8%	No (remains 13%)
Boats	5%	8%	No (remains 13%)
Snowmobiles	5%	8%	No (remains 13%)
Recreational Vehicles	5%	8%	No (remains 13%)
Private Resale of Car (including Registration)	No GST	8%	Yes[4] (changes to 13%)
Gasoline/Diesel	5%	No PST	Yes (changes to 13%)
HOME PURCHASES			
New Homes up to $400,000	5%	No PST	No change[5]
New Homes over $400,000	5%	No PST	Yes[5a]
Resale Homes	No GST	No PST	No HST
Real Estate Commissions	5%	No PST	Yes (changes to 13%)
HEALTH PRODUCTS AND SERVICES			
Audiologist Services	No GST	No PST	No HST if offered by a practitioner of the service
Chiropractor Services	No GST	No PST	No HST if offered by a practitioner of the service
Physiotherapist Services	No GST	No PST	No HST if offered by a practitioner of the service
Pharmacist Dispensing Fees	No GST	No PST	No HST
Over-the-Counter Medications	5%	8%	No (remains 13%)
Prescription Drugs	No GST	No PST	No HST
Some Medical Devices (including Walkers, Hearing Aids)	No GST	No PST	No HST
Prescription Glasses/Contact Lenses	No GST	No PST	No HST
Feminine Hygiene Products	5%	No PST	No (remains 5%)
Adult Incontinence Products	No GST	No PST	No HST
Diapers	5%	No PST	No (remains 5%)
Cosmetics	5%	8%	No (remains 13%)
Hair Care Products (e.g., Shampoo, Conditioner, Styling Products)	5%	8%	No (remains 13%)
Dental Hygiene Products (e.g., Toothpaste, Toothbrushes)	5%	8%	No (remains 13%)

	GST-taxable before July 1, 2010	PST-taxable before July 1, 2010	Is there a change to the amount of tax payable under HST?
HEALTH PRODUCTS AND SERVICES			
Massage Therapy Services	5%	No PST	Yes (changes to 13%)
Vitamins	5%	No PST	Yes (changes to 13%)
MEMBERSHIPS, ENTERTAINMENT AND SPORTS EQUIPMENT			
Admissions to Professional Sporting Events	5%	10%	Combined rate going down to 13% from current 15%
Movie Tickets	5%	10%	Combined rate going down to 13% from current 15%
Music Lessons	No GST	No PST	No HST
Skis and Snowboards	5%	8%	No (remains 13%)
Hockey Equipment	5%	8%	No (remains 13%)
Golf Clubs	5%	8%	No (remains 13%)
Green Fees for Golf	5%	No PST	Yes (changes to 13%)
Gym and Athletic Membership Fees	5%	No PST	Yes (changes to 13%)
Ballet, Karate, Trampoline, Hockey, Soccer Lessons, etc.	5%	No PST	Yes[6] (changes to 13%)
Tickets for Live Theatre with Less Than 3,200 Seats	5%	No PST	Yes[7] (changes to 13%)
LEASES AND RENTALS			
Condo Fees	No GST[8]	No PST[8]	No HST[8]
Residential Rents	No GST	No PST	No HST
Hockey Rink and Hall Rental Fees	5%	No PST	Yes (changes to 13%)
ELECTRONICS			
TVs	5%	8%	No (remains 13%)
DVD and Blu-ray Players and Accessories	5%	8%	No (remains 13%)
MP3 Players	5%	8%	No (remains 13%)
Cell Phones, Smart Phones	5%	8%	No (remains 13%)
Cell Phone Service	5%	8%	No (remains 13%)
CDs, DVDs and Blu-ray Discs	5%	8%	No (remains 13%)
Radios and Stereos	5%	8%	No (remains 13%)
Computers and Printers	5%	8%	No (remains 13%)
PROFESSIONAL AND PERSONAL SERVICES			
Child Care Services	No GST	No PST	No HST
Legal Aid	No GST	No PST	No HST
Coffins and Urns Purchased Separately from a Package of Funeral Services	5%	8%	No (remains 13%)
Fitness Trainer	5%	No PST	Yes (changes to 13%)
Hair Stylist/Barber	5%	No PST	Yes (changes to 13%)
Esthetician Services (e.g., Manicures, Pedicures, Facials)	5%	No PST	Yes (changes to 13%)
Funeral Services	5%	No PST	Yes (changes to 13%)
Legal Fees	5%	No PST	Yes (changes to 13%)
TOBACCO			
Cigarettes and Other Tobacco Purchases	5%	No PST	Yes (changes to 13%)
Nicotine Replacement Products	5%	No PST	Yes (changes to 13%)
BANKING AND INVESTMENTS			
Mortgage Interest Costs	No GST	No PST	No HST
Most Financial Services	No GST	No PST	No HST
ONTARIO GOVERNMENT SERVICES			
Drivers Licence Renewals and Vehicle Plate Renewals (other than Personalized Licence Plates)	No GST	No PST	No HST
Hunting and Fishing Licences	5%	No PST	Yes (changes to 13%)
Vital Documents (e.g., Health Cards, Birth Certificates)	No GST	No PST	No HST

Still have questions?

To learn more about the HST visit **ontario.ca/taxchange**.

You can also call **1 800 337-7222** or **1 800 263-7776** for teletypewriter (TTY).

[1] Although sales tax on alcohol is decreasing, other alcohol fees and taxes are changing to continue to support social responsibility.[2] Includes air travel terminating in the French islands of St. Pierre and Miquelon but does not include air travel terminating in Hawaii. [3] Includes air travel terminating in Hawaii but does not include air travel terminating in the French islands of St. Pierre and Miquelon. [4] HST does not apply; however, Ontario will maintain the PST on private transfers of used vehicles at a rate of 13 per cent to help ensure a level playing field between sales by dealerships and private sales. [5] The new housing rebate will be 75 per cent of the Ontario component of the HST, up to a maximum of $24,000. The rebate will ensure that buyers of homes priced up to $400,000 will, on average, pay no more tax than under the PST system. However, applicable PST on building supplies is embedded in the price of the home. [5a] New homes purchased as primary residences, valued at $400,000 or more, will be eligible for the maximum new housing rebate of $24,000. [6] HST-taxable, although some could be HST-exempt if provided by a public service body to children age 14 and under and underprivileged individuals with a disability.[7] HST-taxable, although some could be exempt if maximum admission charged by a public service body is $1 or less, if the admissions are made in the course of the fundraising events where charitable receipts for income tax purposes may be issued, or admissions are to amateur performances. [8] Residential condo fees charged to residents are exempt; however, purchases by condominium corporations will be subject to HST, if applicable.

ontario.ca/taxchange

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Ontario

CALGARY STAMPEDE

Activists decry Stampede

Animal rights activists say with the start of the Calgary Stampede less than a week away, they will put pressure on sponsors of events at the popular western-themed event. About a dozen protesters gathered Saturday near the Stampede grounds holding up signs protesting the Stampede rodeo.

They say people should boycott companies that support such events, including Bell Canada, which has sponsored a steer wrestling event. An official with the Calgary Stampede says while Bell is still a sponsor of the rodeo, it no longer sponsors that particular competition. Jeremy Thomas, a spokesman with the animal rights group, says animals are injured and killed during the Stampede.

THE CANADIAN PRESS

Taser takes issue to court

A B.C. public inquiry's conclusion that a jolt from a Taser can be lethal wasn't based on all of the evidence and has hurt the manufacturer's business around the world, the company will argue in court this week. Taser International filed a petition demanding the findings be thrown out.

THE CANADIAN PRESS

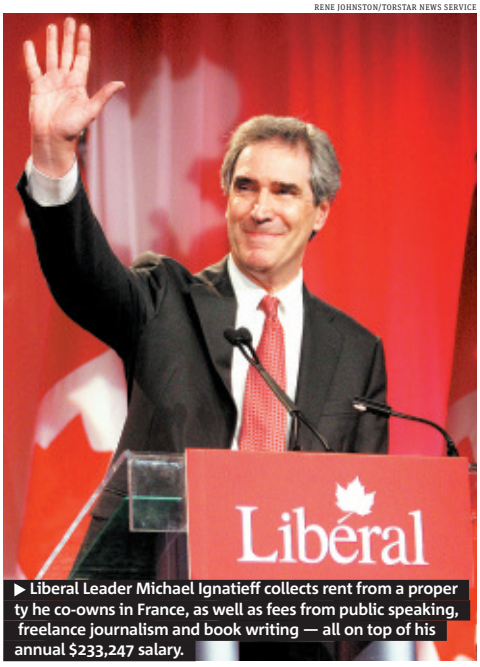
1 charged in tractor death

Laurie Porteous, 48, has been charged with second-degree murder and attempted murder after one woman was struck and killed by a tractor and another was seriously injured in Grey County. Police say Sareena Denesiuk, 26, was struck and killed by a tractor.

THE CANADIAN PRESS

Almost half of Canada's MPs are moonlighting

RENE JOHNSTON/TORSTAR NEWS SERVICE



▶ Liberal Leader Michael Ignatieff collects rent from a property he co-owns in France, as well as fees from public speaking, freelance journalism and book writing — all on top of his annual $233,247 salary.

◑ 151 of 308 members of Parliament receive other incomes

Nearly half of Canada's members of Parliament are moonlighting, running businesses or collecting income above and beyond their six-figure salaries.

A review of recent disclosure statements filed with Parliament's ethics commissioner shows 151 of Canada's 308 MPs are either receiving an outside income or have an ownership stake in an outside business.

The analysis for The Canadian Press found 103 MPs are owners or part owners of businesses, ranging from fast food restaurants, a bakery and wilderness tours to holding companies, farms or real estate investment.

The filings also show that 99 MPs each received more than $10,000 in income from outside sources in the previous year, in addition to their base salaries of $157,731.

While there are some restrictions for cabinet ministers, MPs are allowed to hold as many outside jobs and own as many companies as they like.

THE CANADIAN PRESS

Examples

- London-area Conservative MP Joe Preston owns a Wendy's restaurant and an interest in a Boston Pizza.
- Liberal MPs Justin Trudeau and Kirsty Duncan earn money from speaking engagements.
- Liberal MP Gerard Kennedy is a consultant to Toronto-area Alpha Labs.

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A new Afghanistan?

New U.S. commander believes forces are making positive changes Has just months to prove himself

DUSAN VRANIC/THE ASSOCIATED PRESS

David Petraeus, commander of U.S. and NATO forces, shown yesterday in Afghanistan.

Gen. David Petraeus declared "we are in this to win" yesterday as he took command of U.S. and NATO forces in Afghanistan at a time of skepticism over a counterinsurgency strategy he pioneered and confusion over goals in an increasingly violent war.

Petraeus has just months to show progress in turning back an emboldened enemy and convincing both the Afghan people and neighbouring countries that the U.S. is committed to preventing Afghanistan from again becoming a terrorist haven.

Continual discussion about U.S. President Barack Obama's desire to start withdrawing U.S. forces in July 2011 has blurred the definition of what would constitute victory.

Petraeus, credited with turning around the U.S. war effort in Iraq, arrived in Kabul Friday facing tough odds: Slow progress in stabilizing Taliban strongholds in the south; waning international support for the war; concern about the Afghan's ability to fight corruption; and 102 deaths of U.S. and international troops last month. THE ASSOCIATED PRESS

Afghan progress

Gen. Petraeus insisted progress had been made:

- 7 million kids in school
- Child immunization rates at 70 per cent
- New roads and bustling economies in cities

News in brief

Lebanese Ayatollah dies

LEBANON. Grand Ayatollah Mohammed Hussein Fadlallah, one of Shiite Islam's main religious figures, died yesterday after a long illness. He was 75.

Fadlallah, known for his staunch anti-American stance, helped in the rise of Lebanon's Shiite community.

THE ASSOCIATED PRESS

Israel agrees to peace talks

WASHINGTON. Israel's prime minister endorsed a U.S. call for direct peace talks with the Palestinians yesterday, seeking to set a positive tone as he heads to the White House this week for talks with U.S. President Barack Obama.

After a rocky meeting between the two leaders in March, both Israel and the U.S. are sounding more upbeat this time.

THE ASSOCIATED PRESS

New hope in oil cleanup

NEW ORLEANS. The latest hopes are riding on a massive new skimmer to clean oil from near the spewing well in the Gulf of Mexico.

A 48-hour test of the Taiwanese boat began Saturday. It was expected to cruise a 65-square-kilometre test site just north of the Macondo Deepwater well site.

THE ASSOCIATED PRESS

Clinton calls for resolution

ARMENIA. U.S. Secretary of State Hillary Rodham Clinton yesterday appealed to Armenia and Azerbaijan for a peaceful resolution of a long-running territorial dispute between the former Soviet states.

THE ASSOCIATED PRESS

China ramps up security

BEIJING. Teams of police armed with guns and batons patrolled streets in the western region of Xinjiang yesterday, part of stringent security precautions ahead of the one-year anniversary of China's worst ethnic violence in decades.

THE ASSOCIATED PRES

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Investors searching for direction

Uncertainty whether markets are heading for 'double dip' Little economic data due out this week

Stock markets will be hunting for direction this week as investors grapple with the persistent question of whether the economy will continue to build a gradual recovery or fall off the tracks and begin another spiral downwards.

The key uncertainty that still persists is whether markets will head into a "double dip," or a second plummet of the economy and stocks.

"Economics gets interesting for markets at inflection points, and that's exactly where the global economy is sitting as spring turns into summer," Avery Shenfeld, chief economist at CIBC World Markets, wrote in a note. "But are we seeing a turn for the worse — a period of slower, or slow growth — or a turn for the worst, towards renewed recession?"

Last week, the U.S. unemployment rate fell unexpectedly, dropping to 9.5 per cent, however the drop came as some people gave up looking for work.

The U.S. government also reported factory orders fell in May for the first time in nine months.

THE CANADIAN PRESS

Clues

This week, investors will have little to mull over in their quest for some clues about the economy.

- **Tomorrow:** ISM non-manufacturing data for June could provide insight into consumer confidence, and is expected to back off slightly.
- **Friday:** Housing starts are scheduled and observers suggest that numbers could start to show signs of slowing down.
- **Friday:** Canadian employment could also start to show some strain when they are released.

iPhone4. Complaints

▶ Apple CEO Steve Jobs talks about the composition and metal antennae band that surrounds the Apple iPhone4 at an Apple conference in San Francisco last month.

PAUL SAKUMA/THE ASSOCIATED PRESS

'Death grip' explained

Apple Inc. said Friday it was "stunned" to find that its iPhones have for years been using a "totally wrong" formula to determine how many bars of signal strength they are getting — the reason behind complaints from users that the iPhone 4 can show a sudden plunge in signal strength when they hold it in a jokingly-called "death grip" that covers a small black strip on one edge of the phone.

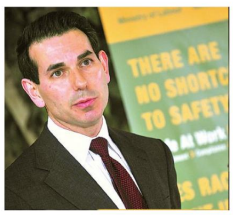
Vale and striking miners reach deal

The end appeared to be in sight yesterday to a long-running and bitter strike in Ontario as mining giant Vale announced it reached a tentative agreement with production and maintenance workers.

The tentative deal that involves a new five-year contract with United Steel Workers comes just days after Labour Minister Peter Fonseca had said the two sides had agreed to resume bargaining.

The issue over the firing of eight workers will be heard by the Ontario Labour Relations Board.

THE CANADIAN PRESS



"The impasse ... over the issue of the eight workers was not acceptable to the communities involved nor the government."
LABOUR MINISTER PETER FONSECA

N. Korea off hook for Net attacks

U.S. officials have largely ruled out North Korea as the origin of a computer attack last July that took down U.S. and South Korean government websites. Code used in the attack included Korean language.

But authorities are not much closer than they were a year ago to knowing exactly who did it — and why, cyber experts say.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 4 P.M. FRIDAY

TSX	Dollar
11,196.06 (Friday)	94.13¢ (Friday)
Oil	**Natural gas**
$72.14 US (Friday)	1,000 cu ft $4.687 (Friday)
	Gold contracts $1,207.40 (Friday)

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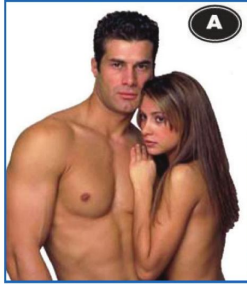

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- How to effectively manage your STUDENT LOAN(S)

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TRANSIT COMES FULL CIRCLE ON ST. CLAIR

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ED DRASS

The St. Clair streetcar right-of-way is open. At last, the 512 is running its full length between Yonge and Keele streets. The ride can now be as quick and uncomplicated as the construction process was slow and difficult.

What should have been done differently? It might have been simpler to replace the old, worn out tracks and forget the raised concrete median — and riders today would still be caught in traffic, making bunching and delays that much worse.

Instead, St. Clair Avenue changed significantly. The streetcar lanes are now protected, but some road and sidewalk space was cut to permit that. Hydro lines were buried and the street has a facelift.

The city agencies and utilities involved did not follow an efficient construction schedule and, together with delays from a lawsuit, the project placed shopkeepers and residents in limbo for too long.

Some businesses are gone, and the rest surely hope this upgraded transit service can deliver new customers. Busy streetcar lines do bring economic activity, but it's going to take time for St. Clair to recover.

"The TTC is continuing its two-hour transfer on St. Clair. This hop-on/hop-off privilege is an incentive to go visit the rejuvenated corridor."

The city's ability to stage construction will be tested soon as similar work begins along Sheppard Avenue East in Scarborough.

The St. Clair experience has a lot of people longing for subways instead of on-street transit lanes, but fiscal reality means underground lines can be built along only a few of the TTC's clogged bus corridors.

With municipal elections in October, transit riders ought to be asking city council candidates about speeding up commutes — in the short term.

Some political hopefuls are promising a massive subway expansion that will take decades to build and lack realistic funding plans.

For me, this election is about projects that help transit users well before the next municipal vote in 2014. Building for future generations is great, but it ignores the huge growth on urban bus corridors during the last two decades.

Yes, continue extending our below-ground network, but bus riders across Toronto deserve relief now.

Pragmatic politicos will acknowledge the mistakes of St. Clair and at the same time push for exclusive transit lanes across Toronto.

Done correctly, they can be built faster and cheaper than subways.

Cartoon

Noteworthy

No recall needed: Hair in jam planned

The Royal hair? Jam made from one of Princess Diana's hairs has been selling strong at an art exhibition in London.

Sam Bompas, who founded catering company Bompas and Parr, said a tiny speck of the late Princess of Wales's hair has been infused with gin, then combined with milk and sugar to make the preserve, which tastes like condensed milk.

Bompas said he bought the hair off EBay for $10 from a U.S. dealer who collects celebrity hair.

THE ASSOCIATED PRESS

Enjoy home ownership

Letters & Tweets

TORONTO. I would like to take this opportunity to clarify some information related to David Descôteaux's article on July 2.

The actual amount of mortgages currently insured by CMHC is approximately $480 billion, well below the approved limit. CMHC manages its mortgage insurance business at no cost to Canadian taxpayers, through sound business practices that ensure commercial viability without having to rely on the Government of Canada for support, even in less favourable economic times. Canada's prudent lending and mortgage insurance practices have allowed Canadians to continue to enjoy the benefits of home ownership.

KAREN KINSLEY, PRESIDENT AND CEO CANADA MORTGAGE AND HOUSING CORPORATION

EDMONTON. While on the LRT last week, I realized the Metro I had picked up was different.

Sifting through I discovered a brand new layout that was intriguing and creative. What I can say initially is that it seemed there was a whole lot more — all the different font sizes and coloured columns seemed to multiply the amount of news inside.

I really enjoy it.

GARY HUITSING

Managing mortgages

Who is your choice to win the World Cup?

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Metro has the right to edit letters and submissions.

Metro Minute at Honest Ed's

It's got a dizzying array of bargains and deals, but if you happen to stop by Honest Ed's this week, be sure to check out Mr. Mirvish's impressive celebrity wall of fame inside the store.

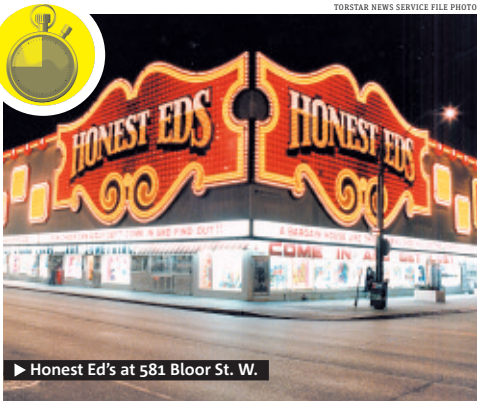
Situated by the exit, the late impresario's photo gallery features him shaking hands with everyone from the impressive (Frank Sinatra) to the regal (Queen Elizabeth) to the very cool (Peter Tosh).

For enterprising shoppers, see if you can guess Ed's age — as the photos transition from black and white to colour — the man somehow never looks a day older than 40.

Honest Ed's is located at 581 Bloor St. W.

JORDANA DIVON

TORSTAR NEWS SERVICE FILE PHOTO



▶ Honest Ed's at 581 Bloor St. W.

metro

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China..... 2.9 ¢	Oman..... 12.9 ¢	Russia. from..... 2.9 ¢
Ecuador.....12.9¢	Fiji..... 24.9 ¢	Saudi Arabia from.... 9.9 ¢
El Salvador. ..... 9.9 ¢	Ghana.....9.9 ¢	South Korea.... 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....9.9 ¢
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2 scene

GETTY IMAGES

▶ Mark Ruffalo plays the sperm donor for a lesbian couple in The Kids Are All Right, out in theatres this Friday.

Ruffalo gets some time with The Kids

Shutter Island star looks beyond the lesbian and sperm donor themes in dramedy ◐ Asked to 'lay off the women' following a TV interview

NED EHRBAR
METRO WORLD NEWS

Sometimes an actor can draw on personal experience for a role, and sometimes he just has to use his imagination.

For Mark Ruffalo, playing a former sperm donor approached by the children he anonymously fathered in The Kids Are All Right involved quite a bit of imagination.

"I wish they had a sperm bank in my low-income latino neighbourhood that I was in when I could've used it," Ruffalo says. "I think I wasted a lot of talent back then. If I'd have known, you know, 60 bucks a pop? That was really good money for me. I would be lucky if I made $60 in a day working back then."

When the kids of the title (Mia Wasikowska and Josh Hutcherson) make contact with Ruffalo's Paul, it quickly upsets the balance of their home and the marriage of their lesbian parents (Annette Bening and Julianne Moore). "The 600-pound gorilla is it's a lesbian movie, and we're in the middle of this huge debate about gay marriage," Ruffalo says.

> **"It's just a really honest movie about family."**
> MARK RUFFALO

"But what I really loved about it when I read it was how quickly the novelty of the gay marriage and the sperm donor thing just falls away.

"It's just a really honest movie about family."

Of course, he's found some viewers who have a harder time getting past some of the subject matter than others.

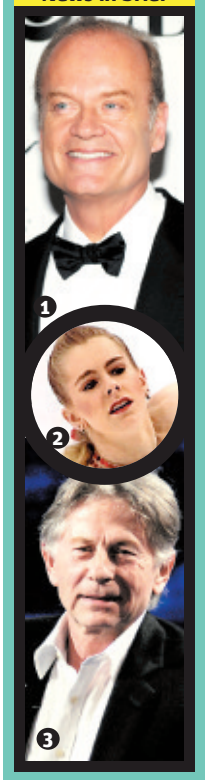
"After an interview on TV, a woman said, 'And by the way, I'm a lesbian, and you lay off our women!' And she totally meant it," Ruffalo says.

"At first I thought she was kidding, and then quickly I realized that she was really serious. And that she was going to, like, arm-wrestle me or something."

Motorcycle days

▶ To relate to his character, a laidoback, motorcycle-riding restaurant owner, Ruffalo reached back to his early days in Los Angeles. "I couldn't afford a car here in L.A. when I was a young man, so I had a motorcycle," Ruffalo says, though he isn't as enamoured with the vehicle as his character. "Having a motorcycle that you have to get around on quickly removes the romanticism of the motorcycle. Especially when you get hit by a car," he admits.

News in brief



1 Kelsey Grammer and his wife are divorcing after nearly 13 years of marriage. THE ASSOCIATED PRESS

2 Clark County officials say their records show that disgraced former Olympian Tonya Harding has married again. THE ASSOCIATED PRESS

3 Swiss officials say they will decide soon whether to extradite Roman Polanski to the U.S. THE ASSOCIATED PRESS

Quileute Nation embraces Twilight Saga fame

The leader of the Quileute Nation in northwest Washington first began hearing her tribe had a role in a popular series called the Twilight Saga from fans clamouring to know more about the place where a vampire tale of teenage love unfolds.

"The interest in our tribe was a surprise, a good surprise," tribal chairwoman Anna Rose Counsell-Geyer said.

"I thought to myself, people are going to actually get to know the Quileute and we are going to be recognized as a people. The real Quileute."

That was a couple of years ago. With Eclipse, the series' third movie in theatres now, the 750-member Quileute Nation is reveling in the Twilight spotlight, attempting to capitalize on the blockbuster's massive financial pull and welcoming new interest in the tribe's culture.

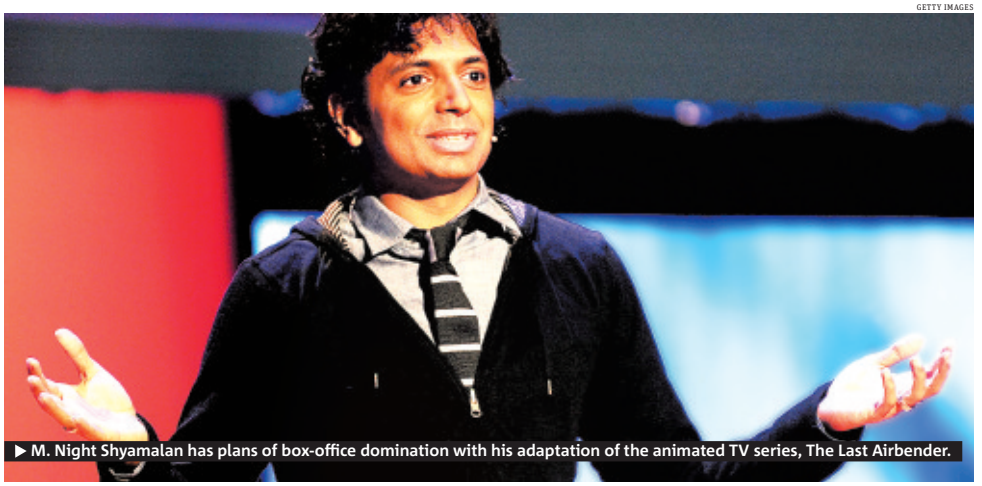
> **"The interest in our tribe was a surprise, a good surprise."**
> ANNA ROSE COUNSELL-GEYER

At their Oceanside Resort, the tribe is opening a cabin decorated in a wolf theme, a shout out to Jacob Black and the Quileute's own origin story, which begins with a transformation from wolves to people.

At a Quileute store in the reservation town of La Push, handmade beanie hats with "Jacob" stitched on them sell for nearly $35. There's also a Jacob's Java espresso stand.

THE ASSOCIATED PRESS

GETTY IMAGES



▶ M. Night Shyamalan has plans of box-office domination with his adaptation of the animated TV series, The Last Airbender.

Shyamalan seeking his own Harry Potter

The Sixth Sense director hopes he's on the cusp of a hit franchise with The Last Airbender ◐ Fantasy picks up $40.65 million on weekend

STEVE GOW
FOR METRO CANADA

With The Last Airbender, M. Night Shyamalan challenged himself not with devising the original twist endings his movies have become synonymous with. Instead, this test required realistically animating the elements — fire, water, earth and air.

"I was most apprehensive about fire because I've never seen fire look good on film," said the Oscar-nominated filmmaker in New York. "But it turned out water was the most difficult. It's very labour intensive, each use of it is so specific and different and so scrutinized."

And scrutiny is something Shyamalan is familiar with. After becoming Hollywood's golden boy manufacturing mindbenders like The Sixth Sense and Signs, Shyamalan's latest films (Lady in the Water, The Happening) were mostly roasted by the critics.

By turning his attention to proven source material — the animated TV series Avatar: The Last Airbender — Shyamalan is hoping he's on the cusp of a hit franchise.

"What was great was that I (discovered) it before anyone knew about it," admitted Shyamalan of the cult show he latched onto three years ago. "I'd tell my agent, 'I keep making my thrillers and I love those but if I'm ever going to do anything, I want you to find me Harry Potter before its Harry Potter.'"

Whether The Last Airbender will spawn sequels still remains to be seen but weekend box-office numbers bode well for Shyamalan.

Airbender finished second behind The Twilight Saga: Eclipse with nearly $41 million in ticket sales.

Hits and misses

▶ **The Sixth Sense (1999)**
Nominated for six Oscars, this thriller is considered one of the best American films ever made.

▶ **Lady in the Water (2006)**
A major box-office stumble, critic Lisa Schwarzbaum called this "Shyamalan's most alienating and self-absorbed project to date."

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CANADA DAYS

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2010 Dodge Grand Caravan SXT shown.[§]

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2010 Dodge Journey SXT shown.[§]

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Wonder Woman gets a new look

- New "hipster" less-partriotic clothes blasted by some, loved by others
- 69-year-old character gets also gets a new back story to revive franchise

She's been ruined! Covered up! De-patriotized! You call that chic?

Wonder Woman's new wardrobe change — goodbye, star-spangled hot pants! — is a generational twist that has comic fans searching for meaning, and DC Comics searching for higher sales.

The change came this week, when the publisher put out its 600th issue in the 69-year-old Wonder Woman saga. It not only updates the look of this beautiful Amazon with the superhuman strength, the indestructible bracelets and the magic lasso — it changes her back story, too.

What's really gotten some purists going is the costume. Gone are the ample red bustier, star-flecked hot pants and red knee-high boots, a 1940s-pinup look that Lynda Carter brought to life in the 1970s TV series.

Now, Wonder Woman, aka Diana Prince, wears black leggings or tights. She sports a motorcycle jacket and little bootie-like shoes. Her tiara is there, but mostly covered by her flowing hair. She looks less like Wonder Woman and more like a modern-day urban hipster. Whatever the reasoning for the change, complaints have been coming fast and furious.

"She's gone from Paris to Poughkeepsie," noted fashion publicist and MTV reality show habitue Kelly Cutrone. "She's a superhero! This is NOT a good fashion look."

Not all fashion followers were dismayed with the new look.

"I'm actually not a comic fan, but I have to say the new outfit is pretty fabulous," said Jimmy Contreras, a boutique owner in Philadelphia.

Feminist author and icon Gloria Steinem, who embraced Wonder Woman as a role model, isn't too upset with the clothes. It's the story change she really dislikes. Before, Wonder Woman had been raised on an island by her Amazon mother and sisters. Now, that island was destroyed when she was a baby, and she was shepherded off, to be raised elsewhere.

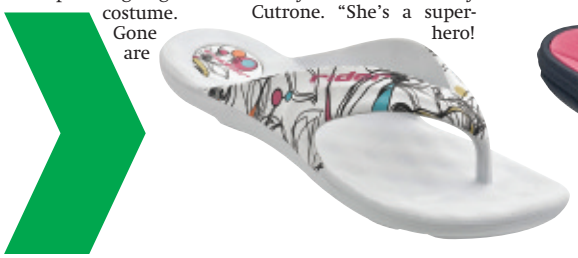
Story change

Why make big story changes and introduce a new look for Wonder Woman?

- DC Comics is clearly hoping the new Wonder Woman will bring in a whole new audience. The company won't give out sales figures, but DC Comics co-publisher DiDio acknowledged that Wonder Woman, despite her place in the "triumvirate" of most important comic superheros along with Superman and Batman, sells less than those two.
- "We're really hoping to grow our fan base, and really re-establish her as one of the premier superheroes in comics," he said.

THE ASSOCIATED PRESS/DC COMICS

▶ Wonder Woman's new look



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Timberlake creating scents

Popstar Justin Timberlake launched the female version of Givenchy's perfume Play in Paris. Metro talked to him.

What is a popstar from Memphis doing pushing perfume in Paris?
I'm a creative person. I like to develop other senses than my ears.

And to earn money?
I don't have to do this for the money and I'm not interested in being the face of a brand. I just think it's fun to learn how to bring a perfume to the market. And Givenchy is a legendary name for me, because my mother admired Audrey Hepburn, the muse of the brand, very much.

You have two versions of Play for her. Why?
Because women, just like men, have different moods. At times, they can be beasts and then they want a spicy, bestial scent. At other times, women are more relaxed and they would like to have a lighter, more floral perfume.

"I always make sure that I'm surrounded by friends I have known since before I got famous."
JUSTIN TIMBERLAKE

Recently, you made the video for Life Without You with Holland's Esmee Denters. What do you think of her?
Esmee is a true talent and very funny, and very soulful. She's still very young, but she's like me in my younger days, enterprising and not afraid. I like that. Her voice is very American, but her character is very European.

What do you mean, European?
Europeans don't have an attitude. You are very well able to separate work from your private life. You have to be able to do that, otherwise you'll go mad.

Are you good at it?
I try to. I always make sure that I'm surrounded by friends I have known since before I got famous. That's how you remain level-headed. And my mother is a very common sense person.

▶ Justin Timberlake

She must be very proud.
Yes. Especially, because I got over my timidity. My mother said that until I was eight-years-old I only knew what my sneakers looked like. I always walked around with my head down. But when I discovered the stage at school, a monster came out.

And now you've sold 17 million records, have your own clothing line William Rast and your perfumes. Are you satisfied?
It can always get better. And then I don't mean that I want to make more profit. I like to work with people who are passionate about their business. It's not easy being Justin Timberlake, with all the attention, but I feel privileged.

You are working on a comedy with you ex-girlfriend Cameron Diaz. Doesn't Jessica Mind?
What can I say? Cameron and I share the same sense of humour and I enjoy working with her. With Jessica I share other things.

METRO WORLD NEWS

TV watch list

White is Hot in Cleveland

COMEDY Betty White's new comedy series, Hot in Cleveland, arrives in Canada tonight. The 88-year-old plays the fiery caretaker of a house that's rented out by three best friends from Los Angeles who decide to stay in Cleveland after their Paris-bound plane makes an unexpected landing there. (CTV)

40 years later

DOC. Canadian filmmaker Sarah Polley narrates 40-Year Secret on The Passionate Eye. Featured is an Ontario couple who gave up their baby for adoption. Four decades later, they rekindle their romance and search for their child. (CBC News)

METRO WORLD NEWS

Paris' pal takes rap for pot bust

Heiress and former Playboy playmate arrested during World Cup soccer match in South Africa Just a 'misunderstanding' Hilton's publicist claims

Socialite Paris Hilton took some of the spotlight from the World Cup after she was arrested on suspicion of possession of marijuana, then had the case dropped at a midnight court hearing.

Hilton appeared in a FIFA World Cup courtroom after being arrested during the second half of a quarter-final match between Brazil and the Netherlands, won 2-1 by the Dutch, at Nelson Mandela Bay Stadium in Port Elizabeth on Friday.

The authorities dropped the charges against Hilton, after her co-accused and a former Playboy playmate of the month, Jennifer Rovero, "acknowledged to be in possession of cannabis, and pleaded guilty," said Brig. Sally De Beer, a spokeswoman for South African police.

Rovero, 31, from New York, was sentenced to a fine of 1,000 rand ($130) or 30 days imprisonment, De Beer said.

DAVE HOGAN/GETTY IMAGES

▶ Paris Hilton was arrested on suspicion of marijuana possession, but the charge was dropped.

Police said Hilton and Rovero were taken into custody after officers could smell whiffs of cannabis coming from their direction, while they were outside the stadium.

Bodyguards then ushered the two inside the stadium, where police apprehended them, the police said in a statement Friday.

A publicist for Hilton said the incident was a "misunderstanding."

THE ASSOCIATED PRESS

FRAZER HARRISON/GETTY IMAGES

▶ Twilight star Kristen Stewart says she is not comfortable on the red carpet.

Stewart not big on being famous

Kristen Stewart admits that the fame she's gained from her work in the Twilight movies can be a bit much sometimes.

"I don't feel very comfortable on the red carpet," she tells Hello magazine. "I look out there at a thousand people and I realize they could rush me and assassinate me. No security could protect me. Ostensibly they're fans, but I think about them turning on me."

"... they're fans, but I think about them turning on me."
KRISTEN STEWART

METRO NEWS SERVICES

Celebrity tweets

Ian MacKellen [@ianmackellen188] I asked all I met at WETA when "The Hobbit" starts shooting. Reply? "You tell us."

Jeremy Piven [@jeremypiven] If u are at a coffee shop an order a "caramel drink with no coffee, sugar free without dairy and cold without ice" it's a problem.

Amanda Bynes [@chicky] I'm thankful I'm not a man. I love men and I feel for them since it seems like a tough job.

Lindsay Lohan [@lindsaylohan] Just saw Ellen Page in a mini coop... She's so pretty!

Etheridge seeks joint custody

Melissa Etheridge has filed papers to officially dissolve her domestic partnership with Tammy Lynn Michaels, according Hollyscoop. The singer announced in April that were splitting up. According to the filing, Etheridge is seeking joint custody of the couple's 3-year-old twins.

METRO NEWS SERVICES

Lohan gets a punch for her bday

Lindsay Lohan's birthday celebrations got off to a rocky start when she was punched in the face by a waitress at a Hollywood nightclub. "A waitress just hit me," she posted on Twitter. "Punched me for no reason." The waitress in question, Jasmine Waltz, claims she's innocent.

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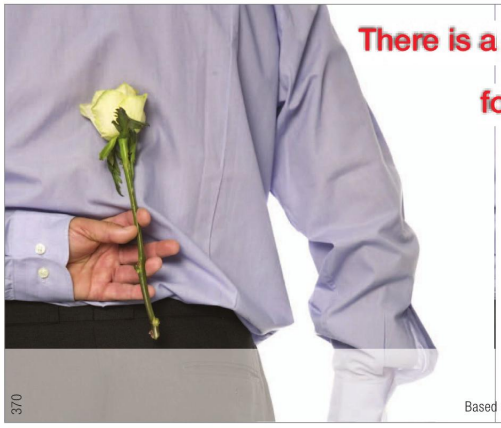

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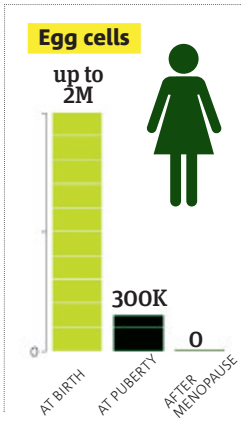
3 life

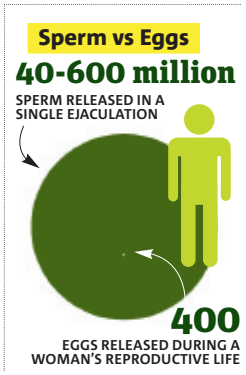
Failing to conceive? Don't blame woman

- One in seven couples have trouble conceiving, half of them because of faulty sperm.
- Now doctors have even developed an at-home sperm test kit.

TOM COGILL

▶ Professor John Herr, director of the Center of Contraceptive and Reproductive Health at the University of Virginia, examining sperm.





Up and down

What dads-to-be should eat
Eat plenty of wholegrains. They're a good source of magnesium, which may help prevents sperm from sticking together. They should also increase their fruit and vegetable intake from five to eight portions per day. Oily fish like sardines and anchovies help the sperm swim faster.

What to avoid
Drinking more than one cup of coffee per day decreases fertility by 50 per cent, as does consuming more than five units of alcohol per week. The decrease has been shown as the partners taking twice as long to fall pregnant.
NUTRITIONIST YVONNE BISHOP-WESTON

ELISABETH BRAW
METRO WORLD NEWS

Michael Opsahl spends most days talking about sperms and erections. The Seattle gynecologist helps couples who can't conceive because of the husband's poor sperm.

"Couples come into my office and think the problem is the woman's fallopian tubes, but when I examine them I often discover that the man's sperm is as bad as the woman's tubes", says Opshal.

"Forty per cent of infertility cases can be attributed to men. I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity."

Some five per cent of men have such poor sperm that they require medical help. A typical man has 20-100 million sperm per milliliter of semen, but men with fewer than five million sperms per milliliter have poor chances of conceiving.

Conception is also affected if the sperms swim slowly or are of poor quality.

"But in 90 per cent of the cases, the problem is low sperm count", explains Professor John Herr, director of the Center of Contraceptive and Reproductive Health at the University of Virginia.

"If a man has less than five million sperms per milliliter, it affects his ability to conceive."

Many different factors are to blame: extreme sports, hot baths and saunas, radiation, toxins, and alcohol.

"Alcoholics can have babies, too," notes Opsahl. "But alcohol kills sperm. I've had several couples where the gave up alcohol and his wife promptly got pregnant."

Because sperm wander down to the testicles, where they're more exposed to the temperature outside the body, even changing underwear can make a man more fertile.

Men wishing for babies should wear boxers instead of briefs. While your at it, keep that warm laptop off your lap.

Men whose sperm fails to fertilize their wives' eggs are initially recommended to change their lifestyles.

If they still don't conceive, doctors can harvest their sperm and artificially inseminate an egg.

"When it comes to conceiving, medical technology is men's friend," says Opsahl.

"I always tell men that poor-quality sperm has nothing to do with their sexuality. The only men we can't help are the ones who have no sperm at all."

Still, having a doctor examine one's sperm can be humiliating.

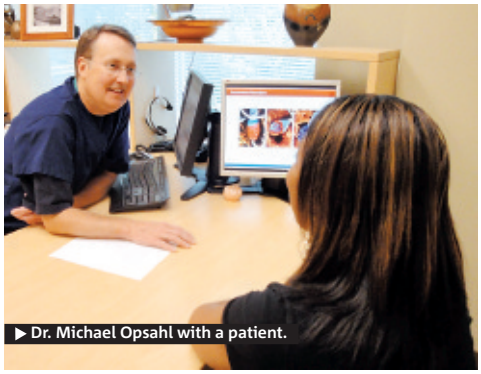
That's why Herr's team has developed a sperm test, called SpermCheck, that allows couples to check the man's sperm on their own.

SpermCheck functions the same way as a home-pregnancy test. It recognizes protein that's part of the sperm-head but doesn't exist anywhere else in the body.

Using SpermCheck, couples can find out whether the man reaches thresholds of five million and 20 million sperms per milliliter.

"Now couples can test their fertility in the privacy of their homes," explains Herr.

"And remember that in many countries infertility is a cause for divorce. This test can lead to greater gender equality around the world."



▶ Dr. Michael Opsahl with a patient.

"I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity." DR. MICHAEL OPSAHL

60 seconds

CHARLES BAMFORT: "BEER IS HEALTHIER THAN WINE"

Charles Bamforth, Department Chair, Food and Science Technolog , University of California, claims that beer could help prevent weak bones.

Your research proved that beer was a rich source of dietary silicon , a nutrient that helps prevent weak bones. How was the research received?

I believe people had no difficulty in accepting the findings. The evidence is accumulating that beer – in moderation – is actually a rather healthier alternative to wine. My recommendation is to choose what you enjoy. I would never select a drink overtly for its health benefits, rather because it gives me pleasure. And naturally I advocate responsible drinking.

Which beers are considered the best in terms of their health benefits?

The ones that seem to contain the most silica seem to be those produced using high proportions of pale malts and hops. e.g. India Pale Ales and the hoppier pale ales. But all beers contain silica.

How much beer a day is considered healthy?

As good a general guideline as any would be that proposed by the UK Government, of less than four units per day for a man and three units for a woman. One unit is equal to 8g of alcohol.

ROMINA MCGUINNESS

Superfood for your bones

1. **Spinach** – one of the best foods for your bones, spinach is loaded in vitamin K, magnesium, and calcium as well as being low in calories.
2. **Brazil nuts** – high in magnesium and protein, Brazil nuts are also a fantastic source of selenium, a powerful antioxidant.
3. **Broccoli** – high in vitamin K, magnesium, calcium and vitamin C (good for the absorption of calcium)
4. **Pumpkin seeds** – high in zinc, magnesium and vitamin K they help maintain healthy bone mineral density.
5. **Almonds** – rich in magnesium, they are also a great source of protein.
6. **Milk** – a great source of calcium, magnesium and protein, all essential for bone health.
7. **Beans** – black eyes peas are especially high in magnesium and calcium.

ROMINA MCGUINNESS

Our bones are a living tissue in a state of constant flux. Throughout our lifetime our bones are continually being built up and broken down and as the supportive framework for our body, without them we would be little more than rag dolls. Here's how you should take care of them!

Make sure your bones carry all the way

ROMINA McGUINNESS
METRO WORLD NEWS

1 THE CALCIUM CONUNDRUM

About 99 per cent of the calcium in our bodies is stored in our bones and our teeth. Although calcium is crucial in maintaining and building bone strength, it's only part of the overall picture as there are at least 19 other essential nutrients needed in the process. Vitamin D, which the body gets when exposed to natural sunlight is key to the absorption of calcium. Magnesium and vitamin K are also considered essential.

Too much calcium can actually be adverse to bone health. London-based nutritionist Marisa Peer suggests that your daily calcium intake should be restricted to a small cup of milk. Two or more glasses leads to a build up of acidic substances harmful for the bones. Peer also points out that the countries with the highest dairy consumption — Holland, Sweden and the USA — have the highest number of bone fractures.

2 VEGETABLES, SUNSHINE & NUTS

"It all comes down to green vegetables, sunshine and nuts," says Peer. "Think about cows, our primary source of calcium, all they do is eat grass."

Green leafy vegetables such as kale, broccoli and spinach are full of vitamin K, which helps with calcium regulation and bone formation. Oily fish, especially those with small bones such as sardines and salmon are full of vitamin D, which will help absorb calcium.

Beans, oats, sesame and pumpkin seeds are all excellent choices, a good trick is to replace your daily butter spread with sesame seed paste, Tahini.

Nuts, such as almonds and walnuts, are a great source of Vitamin K and magnesium but the real wonder food in terms of nutrients is the brazil nut.

3 BIG BONED

Celebrity trainer James Duigan believes one of the worst things for bone health is lack of physical activity. Weight bearing exercises or resistance work that place some stress on the bones will improve strength and density. Your body, forced to adapt under exercises such as running, dancing, tennis or weight lifting, builds stronger, denser bone.

As a low impact sport, swimming does not carry any weight bearing benefit.

Water supports the body, and therefore bones, creating no build up of bone strength. Duigan believes in mixing up these exercises in order to get the most out of every bone and muscle. He says: "Anything that loads the body is great. Think squats, lunges, push ups and chin ups.

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Moroccan Chickpea Salad

JENNIFER TIFFIN

Moroccan Chickpea Salad is a delicious — and healthy — meal

- Easy to make healthy treat
- Works well with a filling soup

Ingredients:
- 1 stalk celery, diced
- 1 green pepper, diced
- 1 med. tomato, diced
- 1 med. onion or 6 green onions, diced
- 1 can chickpeas, drained (19oz)
- 1/2 cup feta cheese

Dressing:
- 2 tbsp olive oil
- 3 tbsp red wine vinegar
- 2 tbsp fresh lemon juice (about 1/2 lemon)
- 1 tbsp fresh parsley
- 1 tsp fresh mint
- 1 tbsp & 1 tsp dried ground cumin
- salt & pepper to taste

Preparation:

1. Toss diced vegetables & drained chickpeas.
2. Stir dressing ingredients together. (Dressing will look thick and "muddy").
3. Pour over veggies and toss.

Serve this recipe with a delicious, filling soup, like our Orzo Soup with Harissa and Chicken. Harissa is an incredible North African spice mixture that packs a lot of punch.

CONTRIBUTED BY STEPHANIE EIN
20 minute SUPPER CLUB
20MinuteSupperClub.com
For more info: 20minutesupperclub.com/metro

Superfood: Chai Seed

The tiny Chia seeds contain vital anti oxidants and have been shown to improve overall endurance and stamina levels making them the perfect snack when working out. When the seed is placed in water, the shell opens up and can absord up to nine times its volume in water, making them a great source of internal hydration.

The carbohydrates in the seed are released slowly, giving people the sensation of being fuller for longer, a great trick for people trying to control their weight.

The equivalent of one tablespoon of chia seeds was believed to sustain an Aztec warrior for an entire day.

ROMINA MCGUINNESS/ METRO WORLD NEWS

No eating, no problem for Ebert the cook

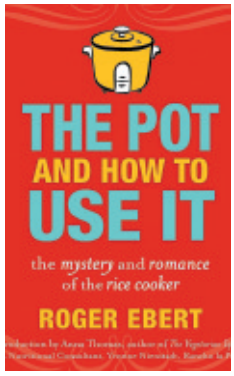
- Movie critic writes cookbook despite not being able to eat anymore
- 68-year-old a big fan of rice cookers

Cancer may have robbed Roger Ebert of the ability to eat, but it won't stop him from dishing out cooking advice.

Four years after cancer surgery left the famed film critic unable to speak or eat, Ebert is publishing a cookbook dedicated to rice cookers, a kitchen appliance he lovingly calls The Pot and champions as an answer for those strapped for cash, time and counter space.

"To be sure, health problems have prevented me from eating," Ebert writes in the book. "That did not discourage my cooking. It became an exercise more pure, freed of biological compulsion."

The idea for the book came after a 2008 blog post he wrote about rice cookers prompted hundreds of comments, with many readers including



their favourite recipes. "I think I was somewhat frustrated by not being able to eat and I wanted to live vicariously," the 68-year-old said during an interview at his Chicago home, his laptop computer speaking his typed answers.

The book includes many of those comments, as well as more than two dozen recipes for dishes such as chili, risotto, jambalaya and oatmeal — Ebert's favourite. He took a witty and funny tone when writing it; he says he didn't want it to sound too specialized or difficult.

"The basic recipe is: throw everything in the pot and slam on the lid," said Ebert, who has battled cancer in his thyroid and salivary gland over the last eight years. He now uses a feeding tube for nourishment. His book, The Pot and How to Use It. The Mystery and Romance of the Rice Cooker, will be released Sept. 21.

Ebert even says in his book that he wrote it "simply to establish that I enjoy cooking."

Ebert explains it more simply saying the reason he cooks: "Satisfaction."

THE ASSOCIATED PRESS

Fishing for today, to fish for tomorrow

With 70 per cent of the world's fish stocks threatened by over-fishing it's not always easy to know what's good for the planet.

JESSICA CARLESON
GREEN@METRONEWS.CA
METRO WORLD NEWS IN LONDON

▶ 88 fisheries have been certified by MSC and 213 are engaged in the MSC program

In 1997, WWF and Unilever realized the need for an eco-label and international certification of sustainable seafood. They teamed up to create the Marine Stewardship Council (MSC) which offers an accreditation scheme for fisheries worldwide.

Those who pass get to stick the MSC logo on their products, which tells the customer this is sustainable seafood.

Over the last three and a half years the number of fisheries entering the program has doubled every year.

"Fisheries are starting to see this as something that's really useful. For those who are sustainable to start with it's a great way of demonstrating that to the world," says James Simpson, who works for MSC in London.

Changing to sustainable fishing practices is not cheap.

"In the short-term it is obviously more profitable to just fish unsustainably and catch everything and not care about by-catches, but that is not a long-term and sustainable way forward for the industry," says Simpson.

But there are several charitable trusts which are prepared to sponsor an assessment for sustainable fishing. If you can't find the MSC-logo, you can always ask your store.

"Asking makes a huge difference. As soon as the customers start asking for sustainable seafood they'll start asking their suppliers," says Simpson.

Without it, the UN estimates that 40 million tonnes of food will be required from fish farms by 2030 to feed the world's population.

Know your fish

5,000+
seafood products worldwide are sold with MSC labels.

- **msc.org** has lists of sustainable fish, recipes and a directory of suppliers in Canada
- **WWF** has wallet-sized guides for several countries covering which species you can eat with a clean conscience and which you should avoid at panda.org — search for Seafood Guides

Queen of Green

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FIRM ANSWERS TO PLASTIC PROBLEMS

QUESTION:
I'd like to know if plastics are safe to microwave and if so, how can I tell?
Justine from Vancouver, B.C.

The answer is simple: Do not microwave plastic containers or plastic wrap, ever. Heating up plastics can cause phthalates (a toxic petroleum derivative) to leach into your food.

Instead, reheat last night's dinner in glass or ceramic dishes. Safely cover food with a plate or lid to avoid polyvinyl chloride (PVC) plastic wrap and to prevent a mess in the microwave.

Finally, take stock of plastic containers spilling out of your kitchen cupboards. Check for cracks and scratches. Damage like this will ruin leftovers because toxic chemicals can leach out.

But before tossing them in the blue bin, repurpose them throughout the home. Worn plastic containers — with or without lids — make great storage. Organize a cluttered closet or nuts and bolts in the garage.

A plastic diet will help you reduce your exposure to toxins in the home and lighten your environmental footprint at the same time.

Plastic diet

Start your plastic diet today with these steps:

- **Step 1:** Avoid plastic packaging on your next trip to the grocery store.
- **Step 2:** Store leftovers in reusable glass or stainless steel containers.
- **Step 3:** If you reuse plastic containers in the fridge or freezer, only reuse those numbered 2 (HDPE), 4 (LDPE), or 5 (PP). These are found on the bottom of most containers and lids.

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This is a joint project with the City of Toronto and the Province of Ontario.

Meditation

Finding personal peace is great but a lot of us just don't have the time to sit and meditate until the moment of clarity. That's why mediation specialist Sheevaun Moran has created her own series schedule-sensitive processes for emotional betterment.

Titles such as Clutter No More, Living Wealthy Prosperous and Ultimate Peace and Relaxation Meditation are directed at a variety of needs, goals and stress levels all without hampering our already-taxed lives.

"Learning to juggle the day-to-day stress of work, kids and relationships often means relaxation takes a back seat," she notes. "These meditations are short, sweet and will teach the seeker the art of relaxation and introspection."

KEITH CARMAN

Want to cope with stress at work? One author suggests you start yelling at a toaster or potted plant Despite the unorthodox approach, one psycologist agrees with this stress-buster

ISTOCK PHOTO/METRO PHOTO ILLUSTRATION

Do you ever feel like screaming at work? Do you bring the stress of your job home? One author has some interesting advice.

Go ahead, gripe, as long as you're alone

KEITH CARMAN
WORK@METRONEWS.CA

Badgering bosses, challenging colleagues and provoking partners. Everyone has stress and we all need to get it out somehow.

Most people tend to gripe away at a buddy or loved one but, as counsellor and researcher Karla McLaren reveals in her latest CD/book, The Language of Emotions — What Your Feelings Are Trying To Tell You, people aren't always the best sounding board for our woes.

"Very few people have the time or energy to support us through our truly difficult emotions," she says. "If we start complaining to them, they'll try to stop us or fix the problem before we really know what the problem is."

McLaren has devised a privately cathartic practice she calls "conscious complaining," where you select an inanimate object and unload — like a wall or toaster.

"Griping should not be the only strategy for dealing with stress. It supports passivity and chronic dissatisfaction ... take action to improve (via) meditation, relaxation and exercise." ROSS GRAY, PSYCHOLOGIST

While doing so, keep in mind five basic principles: Find a private place, start with an opening statement, let go completely, end with a ritual (bowing, shake it off) — and do it often.

While many may balk at the idea of carping about caustic customers to a cactus, even revered psychologist Ross Gray notes that conscious complaining is certainly not an unhealthy practice for both grumblers and supporters.

"Griping about work has some pressure-relieving quality and thus has a use — albeit limited — in managing stress. It has a more benign effect if not always directed at helpless loved ones. Similarly disenchanted colleagues make good griping company (while) potted plants hardly ever complain but may not grow as heartily."

CORRECTION

In the Chrysler Canada Days ad that appeared in Metro, the bi-weekly step-up amount on the 2010 Ram 1500 Quad Cab 4x4 SLT is incorrectly listed as $29, instead of $34. We apologize for any inconvenience this may have caused.

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COLLEGE TRAINING SINCE 1979

Refining roomie relationships

While many students may not like their roommates, studies show it's worth it to stick it out Some students may even be the better for it

BRUCE WALSH
METRO WORLD NEWS

College freshmen are often tempted to request roommate changes within weeks of unpacking. But a host of research data suggests that staying the course — barring abusive situations — is likely to have a positive effect on students for years to come.

In a college roommate setting, tension could actually produce better results for students. For instance, most studies show that racial differences among roommates lead to more conflict. However, an important Ohio State University and Virginia Commonwealth University study showed that mixed-race roommate situations resulted in better grades for African-Americans.

Moreover, a recent study found that most roommate situations get better, not worse, over a 10-week period. That same study presented evidence that a willingness to reveal weakness is a key factor in a good roommate relationship. Admitting to fears and shortcomings can create a healthy bond, even between extremely different personalities.

"Human weakness, I think, is really one of the only reliable facts of the universe," says John Mallinen, a counsellor. "We are all dealing with a lot of fear. When we are able to share that with another person, it's bound to create intimacy."

"Human weakness, I think, is really one of the only reliable facts of the universe."
COUNSELLOR JOHN MALLINEN

And that can begin — at least in small doses — online, before you meet, says Natalie Caine, founder of Empty Nest Support Services, a Los Angeles-based consultant.

"Let each other know you are excited. Show some vulnerability," she explains. "Use humour, like saying you will bring ear plugs to share for snoring or late-night studies."

ISTOCK PHOTO

▶ A recent study shows that roommate relationships get better, not worse, over a 10-week span.

The expert's take

- "I encourage students not to let Facebook be the source of first impressions since there's usually more to a student than what is posted on their online profile. Make time to talk on the phone and learn about each other."
  WENDY PIPER, COLLEGE DIRECTOR OF RESIDENTIAL LIFE
- "I recommended to the students that one way to reduce defensiveness — and make the conversation more productive — is to bring up the issue in a positive, 'I'-oriented way. Instead of saying, 'Your behaviour is bothering me, and you need to change,' say, 'I'm having a problem, and I would really appreciate your help in solving it.'"
  ROBERT DONLEY, COLLEGE PEER MEDIATION COORDINATOR
- "We strongly believe that it is best for you to negotiate through the actual problem on your own."
  KATHY COLLINS, COLLEGE DIRECTOR FOR RESIDENCE EDUCATION

News in brief

uAlberta, Dal top places to work

EDUCATION The University of Alberta and Dalhousie University are listed among the top 10 international academic institutions in The Scientist's annual Best Places to Work in Academia rankings and reported by Canwest News Services. METRO NEW SERVICES

8 tips to become your own boss

Tamara Monosoff offers eight tips for becoming your own boss from her book, Your Million Dollar Dream.

▶ Tamara Monosoff

1 Take a stand for yourself. If you are dissatisfied with your current circumstances no one will fix them — except for you. It doesn't do any good to blame the economy, your boss, spouse or family. Change can only occur when you make a conscious decision to make it happen.

2 Take the pressure off yourself. If you know you want to do something new, but don't yet know the "what" or "how" don't expect that you should know what that "thing" is or the steps for getting there.

3 Figure out the right business for you. What do you already know? What are you passionate about? Give yourself permission to explore.

4 Adopt a service mindset. Regardless of the type of business you choose, you need to be committed to serving others.

5 Create your plan. As you write down your goals, strategies and action steps — your business becomes real.

6 Build a support network. You've made the internal commitment to your business. Now you need to cultivate a network of supporters, advisors, allies, and vendors.

7 Get the word out. Be willing to say who you are and what you do with conviction and without apology. Embrace and use the most effective online tools available to broadcast your news.

8 Take care of yourself. This is an intense process and it takes hard work. Be diligent about scheduling time to de-stress. Walk, meditate, meet a friend — do whatever works best for you.

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4 sports

‘Satisfaction’ for Nadal after win

Nadal defeats Berdych to win second Wimbledon trophy

Rafael Nadal looked like a guy who absolutely couldn’t wait to get out there, clutching his racket and hopping in place near the entrance to Centre Court before the Wimbledon final.

He jiggled his left leg, unable to sit still on the sideline. He even bopped around during the pre-match coin toss.

When it was finally time to start warming up, he zigzagged to the baseline in a full sprint. And when it ended, Nadal marked his victory with a celebratory somersault.

That endless energy, and so many superb strokes, allowed the No. 2-seeded Nadal to outclass No. 12 Tomas Berdych of the Czech Republic 6-3, 7-5, 6-4 yesterday for his second Wimbledon trophy and eighth Grand Slam title overall.

A year ago, sidelined by painful knees, 2008 Wimbledon champion Nadal was planted on his couch at home in Spain and watched the final on television, only the fifth man in the history of a tournament that dates to 1877 who couldn’t defend his championship because of injury.

“It was probably one of the toughest moments in my career,” Nadal said. “To return and win again here represents such personal satisfaction — everything I did to be here, all the work I put in to get back.”

What a journey, too. His 31-match French Open winning streak ended, he missed Wimbledon, went more than eight months without a title anywhere, lost the No. 1 ranking, and, hardest of all, dealt with his parents’ separation.

“Not easy,” he said.

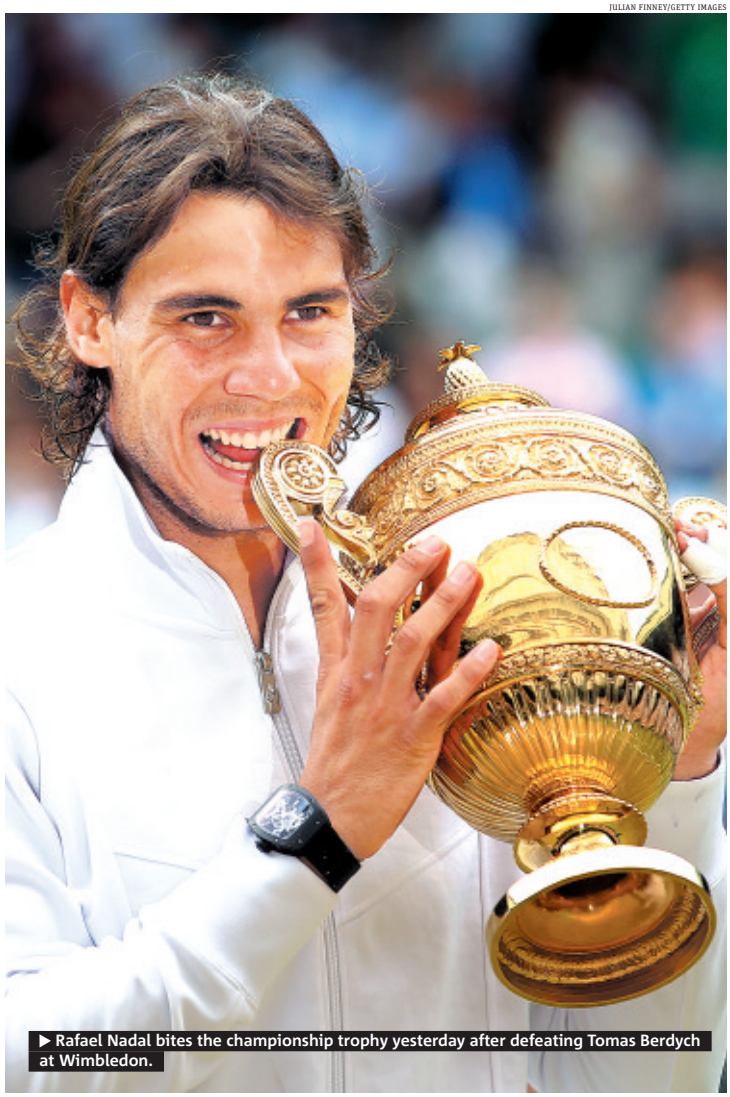
THE ASSOCIATED PRESS

What a year

There is little doubt Rafael Nadal is the best player in tennis today.

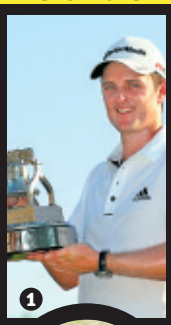
- As of yesterday, Nadal is 47-5 with five titles in 2010, both tour highs.
- He won 24 matches in a row in one stretch, regained his Roland Garros title and the No. 1 ranking last month, and managed the tricky transition to grass from clay by winning the French Open and Wimbledon in the same year for the second time.
- “He’s showing in the last few months that he’s really the champion,” said Tomas Berdych.
- Nadal’s eight titles at major tournaments push him past John McEnroe and ties Nadal with quite a heady group that includes Andre Agassi, Jimmy Connors and Ivan Lendl.

JULIAN FINNEY/GETTY IMAGES



▶ Rafael Nadal bites the championship trophy yesterday after defeating Tomas Berdych at Wimbledon.

News in brief



1

2

3

1 Justin Rose wins the AT&T National by one shot.

2 Brazil coach Dunga and his technical staff fired.

3 Joe Johnson agrees to a max contract with the Atlanta Hawks, his agent said.

Scan code for sports news

Big Red Mike captures Queen’s Plate

FRANK GUNN/THE CANADIAN PRESS

▶ Eurico Rosa da Silva pumps his fist yesterday as he wins the Queen’s Plate aboard Big Red Mike.

No matter how many Queen’s Plate races Eurico Rosa da Silva wins, the second will likely always be the sweetest.

Rosa da Silva staked Big Red Mike to a wire-to-wire victory in the $1-million race at Woodbine Racetrack yesterday. Included in the crowd of between 25,000 and 30,000 on the hot, breezy summer afternoon was the Queen, who made her fourth appearance at the Toronto track, but first since 1997. She presented the race trophy to Rosa da Silva and Big Red Mike’s connections in the winner’s circle.

“I just told her I am so happy to see her, to meet her,” Rosa da Silva said. “It was a great feeling.

“Winning the Queen’s Plate is great, but doing it with the Queen here is so special. Very, very special day.”

Rosa da Silva claimed North America’s longest continuously run stakes event for the second year in a row after winning the 2009 edition aboard Eye of the Leopard.

THE CANADIAN PRESS

Sports in brief

Petacchi wins Tour’s 1st stage

CYCLING. Alessandro Petacchi of Italy won yesterday’s crash-marred first stage of the Tour de France, with top sprint rivals and overall contenders such as Lance Armstrong delayed by the spills. Three crashes tangled up riders in the last few kilometres including a big crash within the last half-mile.

THE ASSOCIATED PRESS

Sports in brief

Ronaldo says he's a father

MADRID. Cristiano Ronaldo has become a father of a baby boy, his website said yesterday, although the mother's identity is being kept a secret. The Real Madrid winger also said he and the mother have agreed Ronaldo will be the exclusive guardian.

THE ASSOCIATED PRESS

Is Mandela coming?

JOHANNESBURG. World Cup organizers say they have no news on whether Nelson Mandela will attend next weekend's final at Soccer City. Mandela was prominent at the 1995 Rugby World Cup, but the 91-year-old former president has kept a low profile during the soccer equivalent.

THE ASSOCIATED PRESS

Germany enters final four as clear favourite

A World Cup final featuring high-scoring Germany and well-organized Netherlands appears most likely Uruguay represents last hope for South America to win 10th title

Germany is the team to beat as the World Cup comes down to four contenders, with Spain, the Netherlands and Uruguay looking for a way to beat a powerful squad that has peaked at the right time.

With 13 goals in five games, Germany has sent home Argentina and England with ease, scoring four times in each of those wins. The other semifinalists have been less impressive.

Uruguay meets the Netherlands tomorrow and European champion Spain faces three-time World Cup winner Germany Wednesday for places in the final.

Germany outplayed Argentina 4-0 in Cape Town on Saturday with Miroslav Klose scoring twice to take his total from three World Cups to 14 goals. He has two more games to beat the career record of 15 by Brazil's Ronaldo.

JOERN POLLEX/GETTY IMAGES

▶ German players celebrate their quarter-final win over Argentina Saturday.

The Germans, who have not won the title since 1990, also got four goals against Australia and England. They are looking ominously good.

Spain, by contrast, has stumbled on its way to the final four, edging Paraguay 1-0 in the quarter-final Saturday after both teams missed penalty kicks in the second half.

The Dutch take on Uruguay in Cape Town in what will feel like a home game.

On top of the 5,000 or so Dutch fans who have travelled to the World Cup, there are 20,000 compatriots who have settled in the coastal city over the years.

Both teams will be without two players because of suspensions.

The Dutch won't have midfielder Nigel de Jong and defender Gregory van der Wiel because they received two yellow cards in the tournament. The same applies to Uruguay defender Jorge Fucile.

Striker Luis Suarez, who has been one of the tournament's stars, is banned for a straight red card for deliberately blocking the ball with his hands on his goalline in the final minute of extra time against Ghana.

THE ASSOCIATED PRESS

Toronto-York Spadina Subway Extension

Public Open House

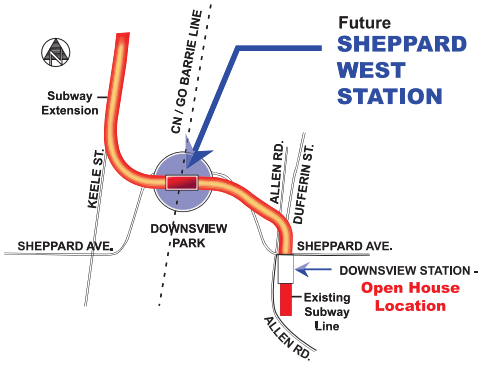
Sheppard West Subway Station

The Toronto-York Spadina Subway Extension (TYSSE) project will extend the TTC subway system from Downsview Subway Station to the City of Vaughan.

Toronto Transit Commission invites you to a Public Open House to view the final design of **Sheppard West Subway Station**.

DATE:	Thursday, July 8, 2010
TIME:	4 pm - 7:30 pm
LOCATION:	TTC Downsview Station - Bus Terminal Platform (at the intersection of Allen Rd. and Sheppard Ave. West)

* Access to Bus Terminal Platform through "Passenger Pick up and Drop Off"



For more Project information:

Web: www.spadina.ttc.ca
Email: TYSSE@ttc.ca
Tel: 416-393-4001
(24hr comment line)

Canada Ontario TORONTO York Region

Wells, Buck and Bautista named to Classic

Canadian slugger Justin Morneau is the American League's starting first baseman and he will be joined in the all-star game by three members of the Toronto Blue Jays.

The Minnesota Twins star from New Westminster, B.C., won a tight fan vote over Miguel Cabrera of the Tigers and Mark Teixeira of the Yankees, earning his first starting nod in four selections to the July 13 Midsummer Classic in Anaheim, Calif.

No other Canadians were named to the rosters announced yesterday — Cincinnati Reds first baseman Joey Votto of Toronto is one of five National League nominees in the fan vote for the final roster spot — but outfielders Vernon Wells and Jose Bautista plus catcher John Buck will represent the Blue Jays.

Wells will be making his third trip to the all-star game while Bautista and Buck were both chosen for the first time.

AL MVP catcher Joe Mauer was the fans' top choice while first baseman Albert Pujols earned the most votes in the NL.

In the closest voting, the Mets' David Wright overtook the Phillies' Placido Polanco in the final week to win the NL starting third baseman spot.

JEFF GROSS/GETTY IMAGES

▶ Vernon Wells, left, along with Jose Bautista, and John Buck, not shown, were selected to play in the all-star game.

Former Blue Jay Roy Halladay and Ubaldo Jimenez headline a strong NL pitching staff.

Halladay's teammate Chase Utley was voted as the starting second baseman for the NL, but he is out with an injured right thumb.

He will be replaced in the lineup by Atlanta's Martin Prado.

The other NL starters are: Cardinals catcher Yadier Molina; Marlins shortstop Hanley Ramirez; and Milwaukee's Ryan Braun, Los Angeles' Andre Ethier and Atlanta's Jayson Heyward in the outfield.

In the American League, other starters are: Yankees second baseman Robinson Cano and shortstop Derek Jeter; Tampa Bay third baseman Evan Longoria; Texas designated hitter Vladimir Guerrero; and Texas' Josh Hamilton, Seattle's Ichiro Suzuki and Tampa Bay's Carl Crawford in the outfield.

THE ASSOCIATED PRESS

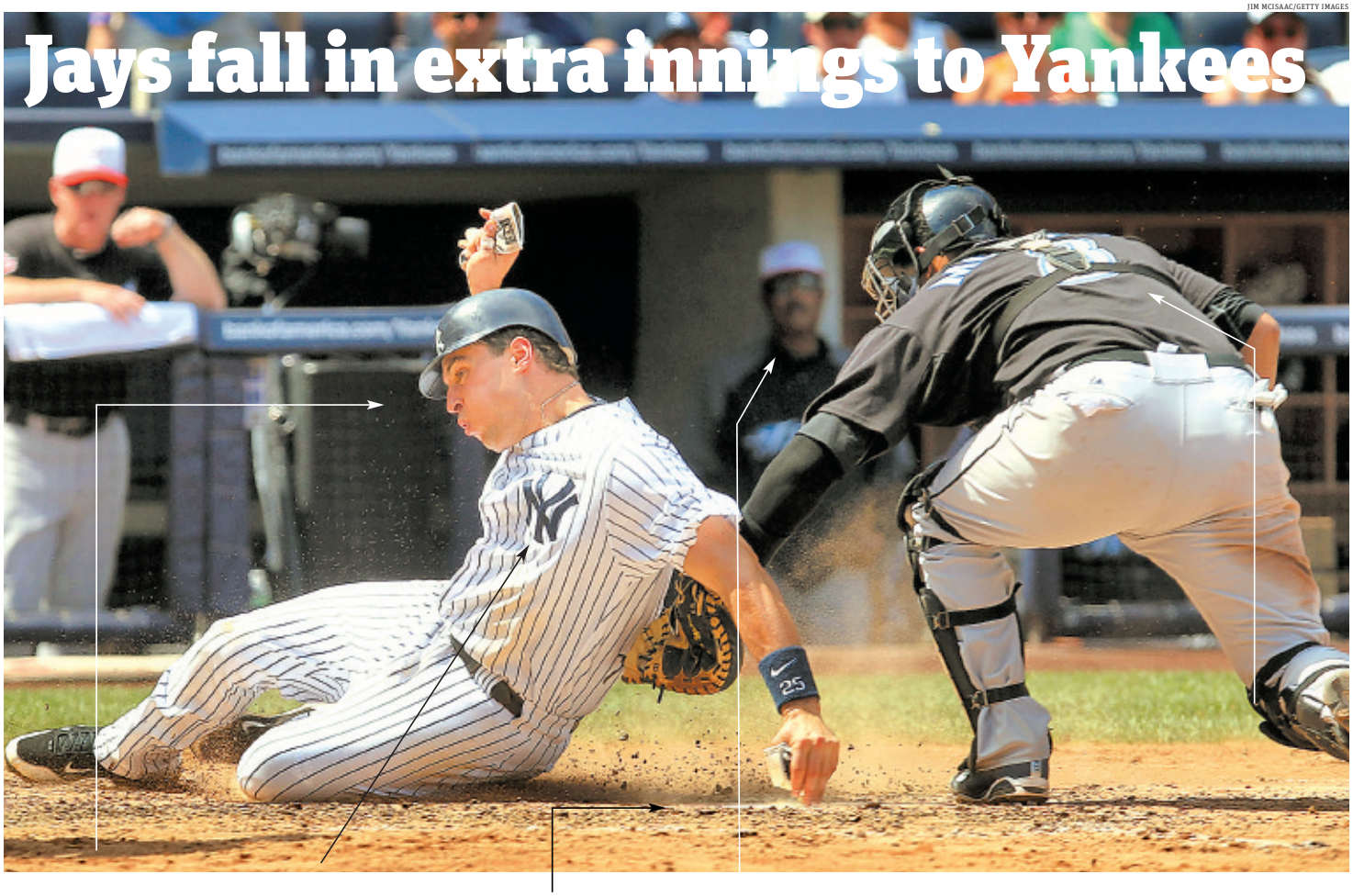
No Strasburg

Stephen Strasburg's 100 m.p.h. fastball won't be suiting up for the National League.

- He has captivated fans around baseball since the Washington Nationals called the right-hander up June 8, but NL manager Charlie Manuel would like to see the 21-year-old settle into his role as an ace before making the all-star team.
- "He got quite a bit of consideration," Philadelphia's Manuel told TBS during the selection show.

JIM MCISAAC/GETTY IMAGES

Jays fall in extra innings to Yankees



6	7
BLUE JAYS	YANKEES

Quick stats: Yankees won the game in the bottom of the 10th.
Blue Jays: DeWayne Wise went 2-for-5 with a home run and four RBIs.
Yankees: Mark Teixeira (pictured) went 3-for-4 with two RBIs.

"He probably would have been in and out of his seat a few times."

DEREK JETER ON GEORGE STEINBRENNER, WHO WATCHED YESTERDAY'S BACK AND FORTH AFFAIR ON HIS 80TH BIRTHDAY.

Pinch hit seals deal for Yanks

MLB. Pinch-hitter Marcus Thames hit a single in the bottom of the 10th inning to give the New York Yankees a 7-6 win over the Toronto Blue Jays despite having three runners thrown out at home plate yesterday in New York. The U.S. Independence Day crowd was 46,810.

THE ASSOCIATED PRESS

120 homers

The Blue Jays ran their home run total to 120, best in the big leagues. Lyle Overbay hit a solo shot in the third and DeWayne Wise hit a go-ahead, three-run homer in the fifth. Adam Lind added his 10th of the year on a solo home run in the sixth. And speaking of homers, Wise lost a ball in the sun yesterday, allowing the Yankees to tie the game in the sixth inning on Brett Gardner's inside-the-park home run.

Jays fight back against Rivera

SAVES. The Yankees appeared to have a come-from-behind win all gift-wrapped yesterday, but Mariano Rivera blew a save for the second time this season. DeWayne Wise stroked a tying single into centre field off Rivera in the ninth, cashing in Lyle Overbay.

THE ASSOCIATED PRESS

NBA's most wanted mull options

From Cleveland to Chicago, South Florida to the New York area, it was a mostly quiet Fourth of July in the NBA. The real fireworks could come this week.

With LeBron James and other big names taking time to ponder their futures, the free agent market was in many ways on hold for the U.S. holiday.

Once the others reach their conclusions, things will start to heat up again.

"I'm sure everyone is ready to get a decision going," Dwyane Wade told Chicago's NBC Channel 5.

Wade said he planned to use the weekend to think after meeting twice with the Bulls, plus getting visits from the Knicks and Nets. He's scheduled to be at a charity function outside Miami tomorrow, but it would be surprising if he used that event to announce his plans, because it's believed he will not have had his formal sit-down with Heat president Pat Riley until later in the week.

James was expected to spend the holiday relaxing at his Bath, Ohio, home with family and friends. It will be a chance to catch his breath after a whirlwind three days during which six teams gave him reasons why he should continue his career wearing a new No. 6 jersey in their colours.

Players such as Amare Stoudemire and Carlos Boozer are in a holding pattern while James, Wade and Chris Bosh, considered the head of the class, come to their decisions.

THE ASSOCIATED PRESS

RONALD MARTINEZ/GETTY IMAGES

▶ Dwayne Wade

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Sports in brief

Drabek tosses no-hitter

MINORS. Blue Jays pitching prospect Kyle Drabek threw a no-hitter last night for double-A New Hampshire. Drabek, acquired in the deal that sent Roy Halladay to Philadelphia, walked two and struck out three in the win over New Britain. Drabek is 8-8 this year with a 3.20 ERA for the Fisher Cats.

METRO NEWS SERVICES

Hall expects deal today

NHL. Taylor Hall expects to sign a deal with the Edmonton Oilers today. The first-overall draft pick by the Oilers announced the likelihood of inking a deal heading into the team's developmental camp for young players in Edmonton beginning tomorrow. "I'm pretty sure I'll be signing my contract (Monday)," said Hall, who attended the CFL's Edmonton Eskimos game against the B.C. Lions at Commonwealth Stadium yesterday.

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JOERN POLLEX/GETTY IMAGES

▶ Argentina's Lionel Messi reacts during his team's quarter-final match against Germany.

Stars fail to shine

Three of soccer's biggest names leave South Africa as three of the World Cup's biggest disappointments

Rooney. Then Ronaldo. And now Messi.

They were supposed to set the World Cup alight after scoring a total of 114 goals for their clubs this season, but left South Africa after collecting only one goal in 13 matches.

Wayne Rooney huffed and puffed but failed to score before England was sent packing by Germany. Portugal's Cristiano Ronaldo scored — once — but didn't run much at all before being eliminated by Spain. Argentina's Lionel Messi couldn't produce the magic when it counted, against the Germans in the quarter-finals.

Each aged 25 or younger and described as three of the world's best players, they were the World Cup's biggest disappointments.

For Rooney, it seemed a clear case of fatigue. Rarely did the 24-year-old Manchester United striker storm past defenders with a typically powerful run after a season in England in which he scored 34 goals to make up for Ronaldo's record transfer to Real Madrid.

Ronaldo's lone goal was little solace for a player hyped in a commercial as Portugal's saviour.

Even with the captain's arm band, the 25-year-old forward did little to inspire his team. He rarely tracked back in defence, lost the ball when dribbling and looked a shadow of the player who was selected as the world's best in 2008.

That title went to Messi last year after he led Barcelona to a historic series of national, European and world club titles, and he continued his stellar performances with an astonishing 47 goals for his team in the 2009-10 season. The 23-year-old forward has often been accused of failing to reproduce his best form for Argentina, and will have done little to erase that charge in South Africa.

Diego Maradona has called Messi his heir apparent. But Messi failed to find the target and never conjured the magic of Maradona when his country needed him, fading out of the match as Argentina was thrashed 4-0 by Germany.

THE ASSOCIATED PRESS

The futility file

Wayne Rooney, Cristiano Ronaldo and Lionel Messi weren't alone in failing to meet high expectations.

- **Kaka** Brazil's 28-year-old playmaker was voted the world's best player three years ago, but did not score in five games at this World Cup.
- **Didier Drogba** The Ivory Coast star broke a bone in his right arm just before the tournament and had to wear a soft cast to play. He scored a late goal against Brazil but couldn't rescue a talented Ivorian team's tournament.

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	50	31	.617	-
BOSTON	49	33	.598	1.5
TAMPA BAY	48	33	.593	2
TORONTO	41	42	.494	10
BALTIMORE	25	56	.309	25

AL CENTRAL

	W	L	Pct	GB
DETROIT	43	37	.538	-
MINNESOTA	44	38	.537	-
CHICAGO	41	38	.519	1.5
KANSAS CITY	36	45	.444	7.5
CLEVELAND	32	49	.395	11.5

AL WEST

	W	L	Pct	GB
TEXAS	48	32	.600	-
LOS ANGELES	45	38	.542	4.5
OAKLAND	41	42	.494	8.5
SEATTLE	34	47	.420	14.5

Yesterday's results

N.Y. Yankees 7 Toronto 6 (10 ings)
Baltimore 6 Boston 1
Oakland 3 Cleveland 1
Seattle 8 Detroit 1
Tampa Bay 7 Minnesota 4
Chicago White Sox at Texas
Kansas City at L.A. Angels

Today's games

Baltimore at Detroit, 1:05 p.m.
L.A. Angels at Chicago White Sox, 7:05 p.m.
Boston at Tampa Bay, 7:10 p.m.
Cleveland at Texas, 8:05 p.m.
N.Y. Yankees at Oakland, 10:05 p.m.
Kansas City at Seattle, 10:10 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	48	34	.585	-
NEW YORK	46	36	.561	2
PHILADELPHIA	42	38	.525	5
FLORIDA	38	43	.469	9.5
WASHINGTON	36	47	.434	12.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	47	36	.566	-
ST. LOUIS	45	37	.549	1.5
MILWAUKEE	37	45	.451	9.5
CHICAGO	35	47	.427	11.5
HOUSTON	32	51	.386	15
PITTSBURGH	30	52	.366	16.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	49	33	.598	-
LOS ANGELES	45	36	.556	3.5
COLORADO	44	38	.537	5
SAN FRANCISCO	41	40	.506	7.5
ARIZONA	32	50	.390	17

Yesterday's results

Cincinnati 14 Chicago Cubs 3
Colorado 4 San Francisco 3 (15 ings)
Florida 3 Atlanta 2
L.A. Dodgers 3 Arizona 1
N.Y. Mets 9 Washington 5
Pittsburgh 8 Philadelphia 5
San Diego 3 Houston 2
St. Louis 7 Milwaukee 1

Today's games

Chicago Cubs at Arizona, 4:10 p.m.
San Francisco at Milwaukee, 4:10 p.m.
Atlanta at Philadelphia, 7:05 p.m.
Cincinnati at N.Y. Mets, 7:10 p.m.
Florida at L.A. Dodgers, 9:10 p.m.

Jays box score yesterday

TORONTO	AB	R	H	BI	BB	SO	AVG.
F.LEWIS LF	4	1	0	0	1	2	.277
WISE CF	5	1	2	4	0	3	.240
ALE.GONZALEZ SS	5	0	0	0	0	0	.258
J.BAUTISTA RF	5	0	3	0	0	0	.236
LIND DH	4	1	1	1	1	2	.205
ENCARNACION 3B	5	0	1	0	0	1	.195
OVERBAY 1B	4	2	2	1	1	0	.241
J.MOLINA C	5	0	0	0	0	2	.280
J.MCDONALD 2B	2	1	1	0	1	0	.217
A-J.BUCK PH	1	0	1	0	0	0	.274
1-N.GREEN PR-2B	0	0	0	0	0	0	.200
TOTALS	40	6	11	6	4	10	

NEW YORK	AB	R	H	BI	BB	SO	AVG.
JETER DH	4	1	1	0	0	2	.281
SWISHER RF	5	0	3	0	0	0	.293
TEIXEIRA 1B	4	0	3	2	0	0	.243
A.RODRIGUEZ 3B	5	0	1	1	0	3	.276
CANO 2B	3	1	0	0	2	0	.343
POSADA C	2	1	1	0	1	0	.267
CERVELLI C	1	0	0	0	0	0	.271
GRANDERSON CF	5	1	0	0	0	4	.226
GARDNER LF	4	2	2	2	1	1	.319
R.PENA SS	4	1	2	1	0	2	.192
B-THAMES PH	1	0	1	1	0	0	.286
TOTALS	38	7	14	7	4	12	

TORONTO	IP	H	R	ER	BB	SO
MORROW	6	9	5	5	1	7
CAMP	1	3	1	1	1	1
S.DOWNS	1	0	0	0	0	2
FRASOR	1	1	0	0	0	1
PURCEY L,0-1	2-3	1	1	1	2	1

NEW YORK	IP	H	R	ER	BB	SO
P.HUGHES	6	6	5	5	2	5
D.MARTE	1	0	0	0	0	2
CHAMBERLAIN H,17	1	1	0	0	0	1
M.RIVERA BS,2-20	1	3	1	1	0	1
D.ROBERTSON W,1-3	1	1	0	0	2	1

WORLD CUP

Tuesday's game

Netherlands vs. Uruguay, 2:30 p.m.

Wednesday's game

Germany vs. Spain, 2:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
WINNIPEG	1	1	0	0	49	29	2
MONTREAL	1	0	1	0	51	54	0
HAMILTON	1	0	1	0	29	49	0
TORONTO	1	0	1	0	16	30	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	1	1	0	0	54	51	2
CALGARY	1	1	0	0	30	16	2
B.C.	0	0	0	0	0	0	0
EDMONTON	0	0	0	0	0	0	0

Yesterday's result

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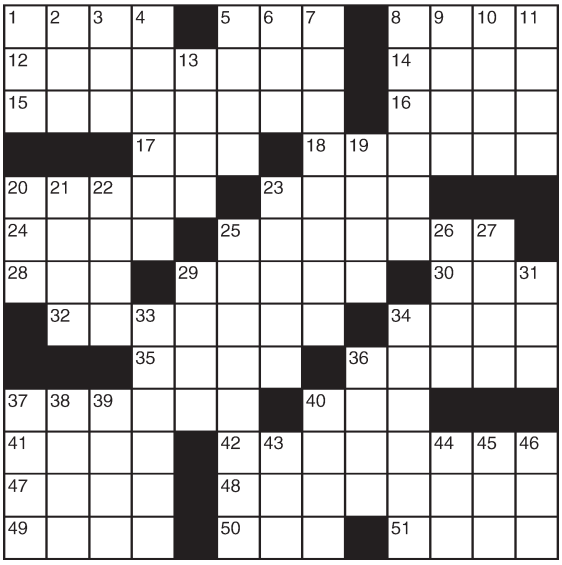

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5 Greek cross
8 Foretell
12 Store VIPs
14 Satan's specialty
15 Internet ID
16 Word with pool or pit
17 Corn spike
18 Husband-to-be
20 Tall marsh bird
23 Boring
24 Small horse
25 Fix the boundaries of
28 Toss in
29 Country estate
30 Poorly lit
32 TV oldie about the Carringtons
34 Relinquish
35 Bygone Peruvian
36 Says grace, e.g.
37 South China Sea sultanate
40 Abu Dhabi's land (Abbr.)
41 Mysterious letter
42 15-Across partner
47 Came down
48 Paid attention
49 Alluring
50 Blunder
51 Went away

Down
1 Ostrich's cousin
2 Existed
3 Away from WSW
4 Seldom
5 Rip
6 Branch
7 So as to have a purpose
8 Soothe
9 Microwave, e.g.
10 Platter
11 Otherwise
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19 Pelvic bones
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23 Rivermouth deposit
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26 Thought
27 Spruced up
29 Barn-roof adorner
31 French possessive
33 Octogenarian's next milestone
34 Form of embroidery
36 History
37 Lingerie items
38 Legislation
39 Alternative to Windows
40 Cold War nation (Abbr.)
43 Melody
44 Single
45 Ump
46 Banned bug spray

▶ Yesterday's answer

P	I	C	■	L	O	N	E	■	D	E	N	S		
E	R	A	■	U	P	O	N	■	E	T	A	L		
T	A	K	E	C	A	R	E	■	C	U	B	A		
■	■	■	E	V	I	L	■	■	W	A	I	S	T	
S	A	W	E	D	■	T	E	E	M	■	■	■	■	
I	R	A	N	■	T	A	K	E	P	A	R	T		
L	I	L	■	C	R	I	E	D	■	M	O	O		
T	A	K	E	H	O	L	D	■	R	O	O	M		
■	■	■	■	D	A	Y	S	■	C	O	R	K	S	
G	R	O	W	N	■	■	S	H	O	T	■	■	■	
L	A	V	A	■	T	A	K	E	F	I	V	E		
E	V	E	R	■	E	L	I	A	■	Z	E	E		
N	E	R	D	■	D	E	P	P	■	E	T	C		

Sudoku

4		2				5		8
	7	9	5		8	6	2	
6								1
			8		6			
	2			3			6	
			9		2			
5								6
	3	6	7		5	1	4	
9		1				8		7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	8	7	3	2	9	6	5
3	6	9	4	5	1	2	8	7
7	5	2	9	8	6	1	3	4
9	2	7	8	6	4	3	5	1
6	4	3	5	1	7	8	2	9
1	8	5	3	2	9	7	4	6
5	7	4	2	9	8	6	1	3
2	3	6	1	7	5	4	9	8
8	9	1	6	4	3	5	7	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ann, you are the best!
BARRY WOOD

Y.E. have been fallen in luv wit u for over 400days! i luv u so much
S.W.

Anthony, I'm blessed to be in love with my best friend. Be mine forever?
NJR

I love baby. Happy 3rd Anniversary!!!!
YESE MIRA

Every night with you is like the first night over again,you are a incredible DJ babe,Happy Belated 1 year.xo
GEEK

You know I love and adore you booger face :p
YOURS TRULY, JESSICA.XOXO

Kiss to super hot guy Farhad G.
HOTGIRL

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Today	Tuesday	Wednesday
Variable	Variable	Partly cloudy
34° / 21°	32° / 24°	32° / 23°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 If you enjoy what you are doing then other people's opinions are completely irrelevant. You may get some negative comments but you will ignore them all with grand disdain.

♉ Taurus April 23-May 21 You will be concerned with ideas and their practical applications today. However, if you insist that everything is thought out and planned in advance you may lose that spark of originality.

♊ Gemini May 22-June 21 There are so many ways you can change your life for the better but one way in particular will stand out today. If it is something you can do with your friends so much the better.

♋ Cancer June 22-July 22 Don't limit yourself to tried and trusted methods. Make the effort to explore new ways of doing things, especially on the work front.

♌ Leo July 23-Aug.23 The most important thing by far right now is that you stay true to your beliefs. Others may try to persuade you that your viewpoint is old-fashioned, and maybe it is, but it works for you and that's the only thing that matters.

♍ Virgo Aug. 24- Sept. 22 According to the planets you have been ignoring certain warning signals and it could have an adverse effect on your earning power. Get your act together before it's too late.

♎ Libra Sept. 23-Oct. 23 If you don't feel like mixing with other people today, then don't. Even Libra needs some personal time once in a while, so tune out the world and enjoy your own company.

♏ Scorpio Oct. 24-Nov. 22 You can at times find it hard to think outside certain limits. However, there are things going on around you now that demand you take a broader view of life.

♐ Sagittarius Nov. 23-Dec. 21 Today you could easily mislead yourself about something that seems unimportant but could have far-reaching consequences. Don't take anything on trust over the next 24 hours.

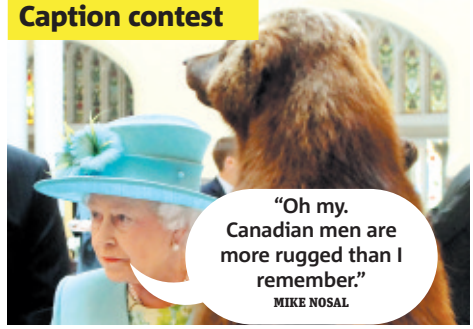
♑ Capricorn Dec. 22-Jan. 20 Perfection is an illusion and the sooner you recognize that fact the better. By all means set yourself new goals over the next few days, but make sure they are goals you can actually reach.

♒ Aquarius Jan. 21-Feb. 18 You may be bored with your lifestyle but things get shaken up a bit this coming week. However, whatever changes come about they are unlikely to be permanent.

♓ Pisces Feb. 19-March 20 Your attitude towards money matters will change quite a bit today and tomorrow but that does not mean you can just forget about earning a living.
SALLY BROMPTON

Caption contest

FRED CHARTRAND/THE CANADIAN PRESS



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KEVIN HARE/THE ASSOCIATED PRESS

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